

SUPER Ju Jitsu

A Benj. Franklin Home-Study Course

76 Lessons



Copyright 1942

NELSON-HALL COMPANY

Publishers

CHICAGO

Master Course In Super Ju Jitsu Contents and Order of Lessons

Lesson
No.

- 1 How to Throw a Man Twice Your Own Weight
- 2 The Secret of Breaking a Fall
- 3 Knockout Spots on the Human Body
- 4 How to Subdue Two or More Assaults at Once
- 5 A Sure-fire Knockout Blow
- 6 How to Break a Gunman's Wrist
- 7 How to Throw and Break a Holdup Man Using a Wrist Hold
- 8 How to Throw and Break a Holdup Man Using a Shoulder Dislocation
- 9 How to Overpower a Holdup Man Who Has a Gun in His Pocket or on His Hip
- 10 Defeating a Gunman Who Has a Gun at Your Back
- 11 Overcoming an Assailant Who Has a Knife at Your Throat or a Strangle Grip on Your Throat with One or Two Hands
- 12 How to Ward Off the Attack of a Criminal with a Knife, Club or Brass Knuckles
- 13 How Any Girl Can Stop a Fresh Guy
- 14 How to Capture an Attacker Trying to Grab or Strangle You from Behind
- 15 Getting the Best of Your Attacker after You are Knocked Down
- 16 How to Save Yourself and Capture an Assailant Who Seizes You by the Coat Lapels
- 17 How You Can Floor a Man with Only One Movement
- 18 The Seven Foot Solar Plexus Blow
- 19 Breaking Front Grip by Nose-Throat Blow
- 20 How to Use "The Terror" Winding Throw
- 21 Neck Pressure Method of Breaking Front or Back Grip
- 22 The Super Flying Disc Attack
- 23 A Powerful Armhold Without Handcuffs
- 24 How to Become Master of the Situation when You are Grabbed and Held by Both Your Wrists

- 25 Quick Easy Way to Humiliate a Gunman
- 26 Head Over Heels and Heel Out
- 27 Overpowering an Attacker Who Gets You Down and Attempts to Strangle You
- 28 Holding Down a Very Strong Man by Neck Pressure
- 29 The Best Effective Leg Strangulation Hold for Use on Powerful Men
- 30 Visible Ground Leg Hold
- 31 How to Throw any Man with an Easy Hand Twist
- 32 How a Girl can Capture a Pure Scoundrel
- 33 Winning by Winding
- 34 Kotoe—Restoring Consciousness to an Unconscious Person
- 35 The Escape Proof "Come Along" Hold
- 36 Unarming the Hold up Man
- 37 Flying Tackle with Double Leg Lock
- 38 Quick Arm Hold and Throw
- 39 The Devil's Handshake or How to Act on Friendly Terms with an Enemy
- 40 Special Superior Leg Lock No. 1
- 41 Special Superior Leg Lock No. 2
- 42 The Super Powerful Armhold
- 43 Flying Scissors Double Leg Throw
- 44 Outlaw's Clutching
- 45 Combination Leg Arm Ground Lock
- 46 Slip Proof, Powerful Arm Loe
- 47 Dividing Yourself Against Flying Fish
- 48 Ju Jitsu in Betting
- 49 A Powerful Working Hold from Which a Criminal Cannot Break Away
- 50 Your Sure Defense Against a Fall Heelon Hold
- 51 Speedy Combined Arm and Leg Throw
- 52 How to Stand Your Ankle on His Head
- 53 Finishing Your Assailant to the Ground
- 54 How to Throw an Assailant 5 to 10 Feet
- 55 What to Do when You are Held by Both Wrists
- 56 Your Head in Chancery—How to Break Out
- 57 How to Handle a Running Attack, Armed or Unarmed
- 58 How to Catch a Strangler
- 59 Handling a Strangler Who Attacks You from Behind
- 60 The Famous Double Duty Powerful Leg Lock
- 61 Favorite Ju Jitsu Tricks
- 62 How to Develop Your Arms and Improve Your Hand Grips
- 63 Developing Tough Leg Muscles Through Special Resistance Exercises
- 64 Capturing a Dangerous Criminal Unarmed
- 65 Breaking Throat Grip and Capturing Strangler
- 66 How to Down a Gunman at Close Quarters
- 67 Breaking Arm-Pistol Hold from Front
- 68 Best Arm-Pistol Hold Release
- 69 Single Hand Bell Grip
- 70 Two Hand Bell Hold
- 71 Breaking Grip from Behind
- 72 How to Capture Two or More Assaultants who are Attacking You
- 73 Special Arm Twist and Wrist Lock
- 74 The "Come Along" Hold for Peletons
- 75 Quickest Way of Making Your Attacker Absolutely Powerless

The habit of confidence is obtained by practice in overcoming difficulties.
—Hilton Wright

INTRODUCTION

It was not until the beginning of the 20th Century—comparatively only a few years ago—that America and Europe learned of the Orient's ancient art of self-defense.

At first it was looked upon with horror because the white man, not knowing how to use Ju Jitsu, could picture himself only as the victim of this most cruel form of attack.

But gradually as the details of Ju Jitsu were learned law-enforcement officials and others in authority saw that they, too, could take advantage of Ju Jitsu's effectiveness. In fact, they learned the art so well that they soon were able to make some improvements.

To this more efficient form of Ju Jitsu we have given the name Super Ju Jitsu. This development could come only as knowledge of Anatomy and Physiology increased.

Ju Jitsu is a weaponless method of personal combat. The assailant may be aimed—and usually he is—but the man using Ju Jitsu as a defense and counter-attack does not use weapons.

A more accurate definition is this: "An application of anatomical knowledge to the purpose of offense and defense. It differs from wrestling in that it does not depend upon muscular strength. It differs from other forms of attack in that it uses no weapon.

Its feat consists in clutching or striking such part of an enemy's body as will make him numb and incapable of resistance. Its object is not to kill but to incapacitate one for action for the time being." (Inazo Nitobe: Bushido, The Soul of Japan).

Lafcadio Hearn, who spent so much of his active life in the Orient, writes in "Out of the East":—"In Ju Jitsu there is a sort of counter for every twist, wrench, pull, push or bend; only the Ju Jitsu expert does not oppose such movements. No; he yields to them. But he does much more than that. He aids them with a wicked sleight that causes the assailant to put out his own shoulder, to fracture his own arm, or, in a desperate case, even to break his own neck or back."

The many benefits of becoming a Ju Jitsu expert are easy to see. But perhaps for most people who live average lives in average law-abiding communities the greatest benefit is psychological. It is a real, concrete physical benefit, to be sure,—it only starts in the mind.

Explain it this way. You may seldom have occasion to actually use Ju Jitsu on an attacker. But simply the assurance that you are well-equipped to handle any emergency will put a spring in your step.

There is something likable about a man who radiates confidence. And you will be confident, you will be courageous and walk with your chest out when you know you are the master of brute strength.

You will have a different attitude. Your friends will sense some hidden power in you without quite knowing what. This fearless outlook on life is the stuff of which leaders are made.

How To Study This Course

Whether you read this section or not you will find the following lessons easy to learn . . . they are really self-study lessons.

But by reading this before you start you might even add to the enjoyment in store for you.

The science or art of Ju Jitsu is built on a sound understanding of complicated subjects such as anatomy, physiology, neurology, etc.

Hoppy to say, though, you do not have to go into these subjects at all. You can use this knowledge the same as you can use electricity. In neither case is it necessary to go into the fundamentals and dry-as-dust theories.

But if you want to benefit from this distilled knowledge you must follow instructions to the letter. Because the movements look simple do not make the mistake of thinking they may be done in any slipshod way.

Striking a light blow on a certain nerve will disable a man temporarily. The same blow struck elsewhere would hardly be felt. In the same way, a correct side step away from an attacker lunging at you may cause him to dislocate a joint. But if your side step is only "almost right" you may end up with the dislocated joint.

Throughout this course the words "assailant," "attacker," "criminal," etc., are used to denote the man who attacks you. This is done because Ju Jitsu is used chiefly as a method of defense from surprise attack. In America Ju Jitsu is not a sport—rather, it is a serious business. You use it to defend your life, protect your loved ones and save your property.

Seldom is it necessary to use Ju Jitsu in its drastic forms. After you subdue your man there is usually no reason for carrying your hold further to the point where bones are broken or displaced.

And remember: half way learning is more than useless in Ju Jitsu. Either you know exactly what to do and do it in a flash—or you tumble around and get licked. Ju Jitsu is never partially successful. It simply does the job or it does not do the job. Take your time and learn thoroughly. The few hours you spend could turn out to be a turning point in your life.

But you'll understand all this as soon as you start the lessons. They are written in a way that gets you into the spirit of the thing right off.

One last word. Ju Jitsu is translated "to conquer by yielding."

Opportunity knocks every day but you're got to be ready when you open the door.—Channing Pollock

Interesting Note On The Illustrations In This Course

The plain line drawings illustrating the following lessons were tested and found to be easier to understand than other more elaborate forms of illustration.

This entire series of lessons was previously illustrated with photographs of live models. But the pictures, while pretty, did not get the story across.

"Aidy" illustrative matter was then tried but the fancy backgrounds, shades and shadows, and other trimmings simply confused the student trying to learn Ju Jitsu.

So, finally, it was discovered that the simplest type of drawing told the story best. And, as this is a course of instruction, not an art gallery, the clearer type of illustration, which you find throughout these lessons, was selected.

Interesting Background Facts About The Science of Ju Jitsu

The origin of Ju Jitsu is not definitely known. Most historians, however, agree that it was used in the Orient at least 2,000 years ago.

It is thought that this ancient science of defense was invented by the Chinese before the dawn of history. Then it was taken over by the Japanese and developed further.

So effective was Ju Jitsu even at that early date that its use was restricted to Samurai. Under the feudal system Samurai were members of the soldier class constituting the lower nobility.

By their use of this powerful attack and defense method the noblemen could handle several men at the same time and thus convince the common people that the nobility was really a superior breed of humans.

The secrets of Ju Jitsu were jealously guarded for centuries. After the feudal system started to break down, however, more and more Japanese learned the art until the knowledge became general.

Then it became a national sport as well as defense system. It was taught in schools throughout the country. Even women and girls were taught the technique.

Today nearly every Japanese knows at least the elementary techniques of Ju Jitsu. The athletes and members of army, navy and police are experts.

Go ahead and do it—it's easier to succeed than to explain why you didn't. Success, when you achieve it, is so easy that you wonder how anybody can fail.—William Moulton Marston

How to Throw A Man Twice Your Own Weight

LESSON ONE

Plate 1



CORRECT BALANCE is the most important fundamental in Ju Jitsu. Plate 1 illustrates a 100-lb. girl throwing a man weighing 200 lbs. This does not take muscle—it takes technique.

Regardless of your weight you can easily balance a 200-lb. man on your buttock (seat). If you do it right you will hardly realize he is resting on you. Balance conquers weight. Remember this. It is important.

The bigger your assailant, the harder he falls. It is merely a case of your speed and your skill in guiding the assailant over your hip as shown in Plate 1.

Understand this lesson thoroughly then practice with a friend. In a short time people will start noticing that you have a lot more confidence in yourself. And you really will have a different attitude, knowing you can defend yourself against anyone, regardless of his size.

Here is how you do it:

First face your friend, then seize hold of his right wrist with your left hand. At the same time step behind him with your right foot so that your buttock comes exactly in the rear of his.

Your feet are now about 24 inches apart. Next bend downward to your left front, bring the trunk of your body downward in a horizontal position. You need nothing else but this combined movement to lift your opponent off his feet and into the position shown in Plate 1.

Just try these movements over a few times and you will be surprised at the ease with which your opponent comes off the ground. It is a fact that you hardly know you are doing it! It should be emphasized that your knees must be kept straight, never bent.

Combine all the above movements so you can do one after another, quick as a flash, without thinking them out. When your man is off his feet, don't move your feet at all, but swing your trunk to the left—and release your hold. Your man will go sprawling on his back, giving you time for further action.

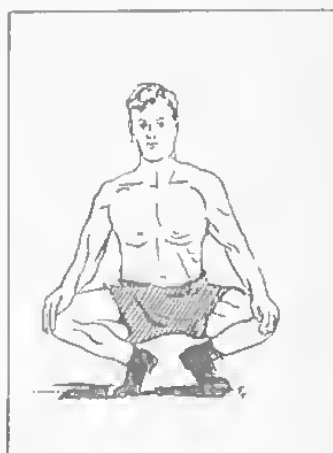
Here is the secret of the whole movement: Once you step behind your man to throw him **DON'T MOVE YOUR FEET**.

It is impossible to read properly without using all one's engine-power. If we are not tired after reading, common sense is not in use.—Arnold Bennett

The Secret of Breaking a Fall

LESSON TWO

Plate 2



Fall breaking is an art in itself.

This knowledge is most important for wrestlers and Ju Jitsu experts. But it is just as important to you in your everyday life as it may save you a broken leg.

The average person who has had the misfortune to slip and lose his footing on a slippery pavement falls in a most dangerous position. He puts his hand out behind him, trying to save himself

from injury, and thereby allows the whole weight of his body to fall on the shoulder which is easily dislocated. Or he falls on his seat and risks internal injuries.

Putting on one out to the rear to avoid injury simply makes injury more certain. Your arms should come out to the front.

When you fall or are thrown, always keep your whole body relaxed. You will then fall as lightly as possible. On the other hand, if you stiffen up your body in falling you hit the ground with dead weight and your tight muscles are apt to snap.

A relaxed and loose body usually saves a drunken person from serious injury when he falls.



Plate 3

This is the secret of falling without getting hurt: When you go over backward keep your body relaxed and your chin on your chest to prevent striking your head on the ground. Your arms should come out to your front, bent at the elbows so that your arms represent the letter L. Fingers should be loosely extended but close together.

As you come to the ground strike it with the palms of your hands, then with your forearms at practically the same time. Your chin, you remember, is forward resting on your chest. Bring your legs up bent at the knees and well apart. Practice this fall step by step so you will do it the right way automatically when you really do fall unintentionally.

Practice fall breaking on an old mattress. Squat as illustrated in Plate 2. This is sitting position with your hands resting on your knees, which should be well apart.

Now fall backward. In doing so keep your body relaxed and chin forward, resting on your chest. As you are going backward you automatically take your hands from your knees and quickly strike the ground with the palms of your hands, allowing your legs to come up as shown in the position in Plate 3.

Repeat these movements a few times and you will soon master the art of breaking a fall. You will find it an excellent exercise for keeping your body in trim, too.

Chop your own wood and it will warm you twice.—Proverb

"Knock-Out" Spots on the Human Body

LESSON THREE

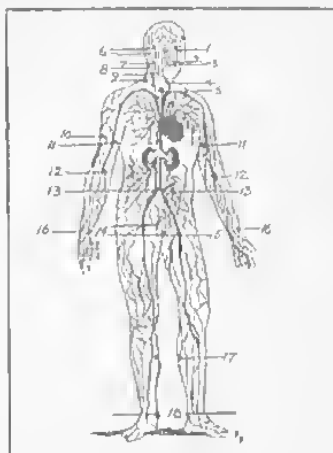


Plate 4

The human body is wonderfully constructed with its many distinct bones and separate nerve centers. There are more than 200 bones in the body. Most of them can be broken or dislocated from a joint if pressure is applied in a certain way and at a particular spot. And there are nerve centers on which a blow will mean death or at least unconsciousness.

Pressure on some nerve centers means partial paralysis and insensibility. Pressure on other nerve centers brings a stimulation that arouses an unconscious person. There are other ultra sensitive parts of the body besides bones and nerve centers. These will be located for you in this lesson and illustrated in Plate 4.

Before identifying these vulnerable points of the human body a word of caution is necessary. In practicing with a friend apply only the very lightest pressure. You might do serious harm using what you believe is "moderate" force. Use common sense. When you meet an assailant and you are facing life or death—then you can go "all out."

1. **TOP OF NOSE.** Clench your fist, allowing the big knuckle of your middle finger to stick out slightly forward. Then deliver a blow directly on the spot numbered #1 in Plate 4, making sure you strike with your middle knuckle. Try this on yourself lightly. A stiff blow results in a knock-out.
2. **POINT OF NOSE.** This spot struck in the same way will also bring insensibility.
3. **MIDDLE OF UPPER LIP.** That little hollow under the nose. A sharp blow on this spot with the middle knuckle will also drop the assailant unconscious. Stand before a mirror and try this punch on yourself—but very lightly.
4. **THROAT.** You will have no trouble dropping an attacker with this blow. Extend the fingers of the right hand and strike with the edge of the hand, the fleshy part just below the little finger. If the assailant is hit on the Adam's Apple he will certainly go down. And if he is hit hard enough his larynx will be ruptured.
5. **STERNUM.** The sternum is that little hollow at the throat situated in the middle of the breast bone at the top. If you

are having a rough and tumble with an assailant on the ground place the end of your thumb in his sternum and press downward. He will have to give up. Continued pressure at this point will choke a man so you have the strongest of men at your mercy when you apply this pressure.

6. **BASE OF SKULL.** Deliver the blow with your hand's edge as under point 4 above. It is a knock-out blow.
7. **LOBE OF EAR.** If your assailant is on the ground place the heel of your left hand on his chin and turn his face away from you. At the same time place the thumb of your right hand close up in that little hollow behind the lobe of his left ear and press downward. That will end his battle. If he is standing place both thumbs one under each ear and press inward. This will make him release his grip double quick, should he have hold of you.
8. **BACK OF NECK.** A blow delivered with the hand's edge on the nerve center at the back of the neck will drop your assailant like a cord of wood. There is record of a man receiving this blow and going blind as a result of the severing of the optic nerve.
9. **CAROTID ARTERY.** If you grip a man's throat tightly with both hands you will choke him by stopping his breath. But if you strike a blow with your hand's edge across the carotid artery (which is situated on each side of the neck) you will stop the flow of blood to the brain and cause immediate unconsciousness. Or if you press the carotid arteries between your fingers and your thumbs insensibility will result in just a few seconds.
10. **TRICEP MUSCLE.** Seize an assailant's arm at the wrist with your left hand and extend his arm out straight in line with his shoulder. Then turn the palm of his hand upward and his wrist bring the tricep muscle of the upper arm in line for a blow. (The tricep muscles are situated on the back side of the upper arm.) Deliver your blow with force and with the fingers of your hand extended. This will numb his arm into a partial paralysis, making it temporarily useless. This blow also brings on a "pins and needles" sensation.
11. **UPPER ARM.** Another sensitive nerve-center is situated in the upper arm, centered just below the big muscle on bicep. You will be able to locate it with just a little practice. Pressure at this point with the thumb will also bring on partial paralysis of the arm, leaving it temporarily useless.
12. **BEHIND OF ELBOW.** It is best to learn this one thoroughly with a friend before you try to use it. Seize his right wrist with your left hand and turn his arm sideways in line with his shoulder. At the same time raise your right hand and grasp his arm at the elbow joint. Keep your fingers at the back of his elbow and your thumb in the bend of his arm. That is where the nerve center is located. Now turn left about (outward) and turn in the same direction and abracadabra of your opponent. As you are turning press inward with your thumb and place his and your own left hand up and under his armpit. And place his elbow joint under your own left armpit.

You now have him in a most effective wrist lock. A little pressure with your left hand can easily break his wrist.

(This is a favorite hold of police officers). Another result of this hold is that you can bring about a partial paralysis by exerting a steady pressure with your thumb on the nerve center at his elbow joint.

13. **SOLAR PLEXUS.** Extend the fingers of your right hand and bunch them in together. With your hand in this position deliver a blow with force in the Solar Plexus. ("Solar" means sun or the central part—the stomach—and "plexus" refers to an important junction of nerve centers, blood vessels, etc.). Twist your hand, in making this blow, so that you finish the blow with the palm of your hand upward. This will instantly drop your assailant and cause temporary partial paralysis of the stomach muscles.
14. **SCROTUM.** The scrotum, situated in the fork of the legs, is a man's weakest point. A blow delivered here with either the knee or foot will drop the burliest assailant in agony. It is not very nice to put into operation. But from the self-defense point of view you are fully justified. It may be the means of saving your life.
15. **GROIN.** This spot is the crease where the thigh joins the abdomen. Knowledge of the nerve center here is invaluable to wrestlers. It is the best way of breaking a Neck Scissors Strangle hold. A quick location of this vulnerable point with thumb pressure will make your opponent instantly release his leg grip from your throat.
16. **HEEL OF THUMB.** Extend the fingers and thumb—then stretch the thumb away from the fingers as far as you can conveniently. In the little hollow you see at the heel of your thumb there is another nerve center about which it is valuable to know. You can find this spot quickly by shaking hands and allowing your thumb to go down to this point. Continued pressure on this spot with your thumb will result in partial paralysis of your opponent's hand.
17. **CALF OF LEG.** Pressure at this point with the thumb will cause partial paralysis of the leg. You can get this same result by striking with the hand's edge.
18. **ANKLE JOINT.** At the back of your ankle joint there is a little hollow on each side. Apply pressure here using the thumb on one side and the middle finger on the other. This combined pressure will leave the foot partially paralyzed temporarily.
19. **SPINAL COLUMN.** The roots of many nerve centers are located along the backbone. Pressure applied to some of these centers is stimulating and may revive an unconscious person. You will learn more about this in the lesson on "Katsu." Pressure applied on certain other nerve centers cause intense pain and brings about unconsciousness.

Here is one way that wrestlers work on the spine. Extend the fingers, keep them close together and rub the tips up and down briskly along the full length of the backbone. This may also be done with the knuckles of your clenched fist.

A blow delivered with the heel of your hand just above the seat of the bottom of the spinal column is extremely effective. The vulnerable spot is the third from the last vertebrae called the Lumbar Vertebrae.

How to Subdue Two Or More Assailants At Once

LESSON 4



Plate 5

If you should be attacked by two or more men at the same time you have every right to defend yourself using the most effective methods you know. In other words, anything goes.

Thoroughly learn and understand the blows and holds taught in these lessons. Then when an emergency does arise you can act with lightning speed. At least half your success in combat is the result of acting instantly without hesitation. The other half of your success may be attributed to your sound knowledge of Ju Jitsu. Strength alone has very little to do with it.

Now then, when set upon by several toughs proceed as follows:

With your hand's edge apply the knock-out blow described in lesson 5. This will drop the first assailant. Follow-up quickly with the "Flying Dive" on assailant No. 2. This dive is described in lesson 47. These two methods are undoubtedly the quickest ways of putting them out of action. Additional assailants can be adequately handled by giving them the hand's edge knock out the last man got. Take care of each member with speed and shift your attention from one to the next so rapidly that you have them all before any one realizes you are using anything more than just an ordinary punch.

Or you may quiet assailant No. 3 by using the information you have on the middle upper lip, explained in the last lesson, point 3.

Clench your fist and deliver this blow with the knuckle of your middle finger—or with all your knuckles. You can't miss.

The next thing to try on your pack of assailants (if one of them is still standing) is the most ruthless of all. Bring up your knee with a snap and catch the crotch between the legs, striking his scrotum. The only thing he can do is drop to the ground in agony and absolutely helpless. After a considerable time when he is able to get up he will be in no mood to continue his attack on you.

The solar plexus blow described in the last lesson under point 13 is also one you should be ready to use when the opportunity presents itself. With a clenched fist deliver your blow with an upward movement, palm to remain upward. More about this in lesson 18. For now just remember that this blow is easily landed and will quickly disable your assailant.

Use these several different blows in quick succession to keep

the attackers baffled. You might use all four, one after another, on the first four men then start all over again on the rest of the gang.

If they are armed and your life is in danger—or for any other urgent reason you need to use more severe methods—use instruction in lesson 9. With speed and force you will disarm the men and dislocate his shoulder.

After this, for speed the next best move is "Two Handed Twist and Throw" as taught in lesson 7. As your murderous gunmen hits the ground you can instantly break his wrist by forcing your thumbs inward toward your fingers and at the same time twist the hand outward. This will snap the wrist like a match stick.

If this sounds gruesome remember that stopping a couple of lead slugs with your body is even more gruesome.

Vulnerable Point No. 3 (previous lesson) is so important that the balance of this lesson will go into it in more detail.

The exact spot is marked "X" in plate 5.

This upper lip nerve center is one of the most sensitive points in the human body. A brisk blow on this spot will drop even the strongest ruffian, leaving him senseless for a time.

The width of the average person's clenched fist is 3½". So an ordinary punch full on the mouth may leave messy results but little serious damage because the best part of the blow lands on the chin where it does very little good. This punch might loosen a few teeth and make the lips bleed and swell.

You get very delicate results, however, when your middle knuckle hits the sensitive spot on the middle upper lip. Because your knuckle sticks out beyond the rest of the fist it strikes with a more sudden impact when it is aimed at the proper spot. The chin or the nose does not slow down the crash of knuckle and lip.

Again it might be well to advise you to stand before a mirror and give this blow to yourself lightly. Then you will realize what you are doing.

You may deliver this blow in different ways depending upon the necessity of the moment. If an assailant is trying to strangle you he is open for this blow.

A girl seized around the waist, from the front, for instance, almost certainly is not strong enough to push her attacker away. But she can quickly cool his ardor by giving him a smart blow in the middle of the upper lip with her middle knuckle.

Strike one assailant with the clenched fist but where there are more than one it is best to strike with the hand's edge. Then your hand will be already open should you have to throw the other assailants.

In this instance the fingers will be extended and the hand's edge will strike the assailant with a chopping motion right in the middle of the upper lip. This attack will enable you to drop several toughs one right after the other.

The recipe for perpetual ignorance is: be satisfied with your opinions and content with your knowledge.—Elbert Hubbard

It is lucky for the people who aim high that most people have no aim at all.—Walter B. Pákin

A Sure-Fire Knockout Blow

LESSON 5



Plate 6

Here is something special for when unarmed and single-handed you have to deal with two or more assailants. This blow will knock even the bulkiest tough-neck unconscious.

In plate 6 you see illustrated the exact location this blow should be landed. The spot is midway on the jaw and it should be struck with the hand's edge. As a short quick blow is more effective do not let your hand go back past your shoulder to start the swing. In other words your open hand will travel no more than 6 inches before striking the outlaw's jaw.

You can hit him solidly before he is aware of your plan if you place your left palm on his face and draw it down. This will make him shut his eyes and give you the opportunity you want to use your right hand.

This blow is struck so quickly that it is a good one to use where you are handling several assailants at the same time.

Lesson 69 includes more on this subject.

Hand's edge blows are used so often in Ju Jitsu—the effectiveness of these blows depends so much on the firmness of the hand it is a good plan to develop and harden this member. Clench your fist and relax it regularly for about 5 minutes twice each day. Then extend the fingers and hit a table or other hard object with the hand's edge. Do this chopping exercise about 100 strokes each day. This will make the flesh firmer and toughen up the skin, too.

How to Break A Gunman's Wrist

LESSON 6



Plate 7

The crosses on the hand in plate #7 locate two vulnerable nerve centers. These are situated one inch below the knuckles on each side of the middle finger.

These super-sensitive spots are easy to locate on your own hand. Try it. They are the points where pressure has to be applied with the thumbs to disarm a gunman. In the following lessons these spots are used in throwing a man to the ground.

Pressure at these points forces a man to relax his grip and open his hand. He drops the gun, knife, club, or whatever other weapon he holds.

Place the fingers of both your hands in the palm of your assailant's hand and your two thumbs on the two nerve centers on the back of his hand. Then force your thumbs inward slowly toward your fingers as if you were folding over a sheet of paper. At the same time twist his hand to your left (outward). Even the thickest wrist will snap and break like a pencil.

You understand, of course, that slowly twisting the assailant's wrist this way will force him to the ground and you need not do any more damage in most cases.

How to Throw And Disarm A Hold-up Man Using a Wrist Hold

LESSON 7



Plate 8

The secret of handling a hold up man is speed. You will not have time to think after the gun is aimed at you. So study these lessons carefully and learn now what to do when the situation does arise.

As the thug faces you, gun in hand you instantly use your left hand to push the gun away from you—push it toward your right. This you will do in a flash, leaving the muzzle pointing away to the right of you so the bullet will not hit you even if the gun does go off.

Now at the same time you are pushing the gun with your left hand raise your right hand and catch his gunned-hand tightly between both your palms. In other words you have done two things at once: first, you pointed the gun away from you and, second, you grasped the gunman's hand securely in both of yours. Illustrated in Plate 8.



Plate 9



Plate 10

With your tight grip twist his hand inward from the wrist so the muzzle of the gun is pointing toward him. Continue twisting backward to your left and as illustrated in Plate 9 he will head toward the floor.

He will hit the ground hard—hard enough to slow him up and give you time to place your right foot close up against his ankle while still holding his wrist tightly. See Plate 10. With your fingers in the palm of his hand and your two thumbs at the back of his hand apply a firm steady pressure on the two nerve centers described in Lesson 6.

You will then disarm your man by forcing your fingers inward toward your thumbs, squeezing tightly, and twisting his hand to the left as shown in Plate 10.

Not only will this compel him to drop his gun but it gives you a grip on him that will break his wrist if applied with force.

In this position he will stay quiet until the police arrive to take charge.

How to Throw And Disarm A Hold-up Man Using a Shoulder Dislocation

LESSON 8



Plate 11

This lesson will teach you how you can do the following three things in one lightning-like series of movements: disarm the gunman, dislocate his shoulder, knock him unconscious.

You start again by pushing the gun away from you. This time use your right hand and knock the gunned-hand to your right so you are out of the line of fire. See Plate 11.

At the same time lift his forearm up so that with his bended elbow his arms each make a right angle. Raise your left hand up under his right arm and grasp your own right forearm as your right hand is already holding his right wrist. This is made clear in Plate 12.

When you lift his arm upward in this position you automatically allow your hand to revolve around his wrist so that your right elbow joint is sticking in his face.



Plate 12

Act as if you were courageous; if you will do this, you will become courageous —Howard Gray



Plate 13

As soon as you get into this grip you change your position by jumping out to your own left front and sitting down. While doing this you simply bear downward with your right hand on the gunman's wrist and upward with your left forearm. This will throw him with such force that in all probability he will be knocked cold when his head hits the ground. You will go down on top of him and your full weight will catch him in the solar plexus taking away his wind temporarily. Of course, his hand will then relax and drop the gun.

If for any reason the outlaw is still not completely under control as he lays on the ground continue as follows. Force his wrist round toward yourself with your right hand—and at the same time with your left forearm force his wrist upward and away from yourself. See Plate 13 for details. This will dislocate his shoulder.

You may find this effective against an unarmed assailant also.

Caution: be very careful in practice. Use no force or pressure.

How to Overpower a Hold-up Man Who has a Gun in his Pocket or on His Hip

LESSON 9



Plate 14

From a position as illustrated in Plate 14 you cannot grasp his wrist quicker than he can shoot. So instantly jump to your left to get out of his line of fire. Then seize his right elbow joint on the outside with your right hand. Your left hand will go up

inside his arm gripping his upper arm. This is illustrated in Plate 15.

All this is just one combined movement which, if done with speed, will force his gun upward behind his back and at the same time dislocate his shoulder. Plate 16.

Here is a bit of applied psychology: Gunmen are cowards at heart. They don't expect their victim to show fight. And they are totally unprepared for it when they are resisted. So never hesitate to strike quickly.



Plate 15



Plate 16

Your success in overpowering a stickup artist is part advance knowledge of what to do in the emergency—this course is teaching you that. The other factor in your success is your split-second timing. You can outthink and out-act a dim-witted thug!

Continued next issue

It is better to wear out than to rust out.—Risque Cumberland

SUPER Ju Jitsu

Copyright 1942

Defeating a Gunner who Has a Gun at Your Back

LESSON 10

Plate 17



When the outlaw pokes his gun in your back and says "Stick 'Em Up!" there is nothing you can do at the moment but follow instructions.

Then from your position as in Plate 17 spin to your left and in doing so get out of his line of fire and knock his gun hand aside with your left arm. Your left hand will go automatically to his wrist. With your right hand seize him around the waist. Step behind him with your right foot, bend downward quickly to your left and lift your man off his feet. This feat of balance is illustrated in Plate 18.

Throw him to the ground and get your right knee in his ribs. Then move his arm across your left leg and your right thumb close up under the lobe of his right ear. Apply pressure in that hollow on the nerve center.

The gunman's position is now escape proof but if the situation warrants you are prepared to

1. Fracture his ribs by delivering violent blows with your right knee.
2. Render him unconscious by continued pressure with your thumb on his ear lobe nerve center.
3. Break his arm by beating down with force with your left hand which is at his wrist. Plate 19.

Always do what you are afraid to do.—Ralph Waldo Emerson

He that is master of himself will soon be master of others.—Thomas Fuller



Plate 18

Plate 19



Overcoming An Assailant Who has a Knife at Your Throat—or Who is Choking You With One or Two Hands

LESSON 11

Plate 20



Seize the assailant's right wrist which is near your throat (either choking you or holding a knife) with your right hand and

shoot the palm of your left hand up under his right elbow. See Plate 20.

Then, all at the same time, twist your head, his wrist and his elbow joint to your right. Advance your left foot well in front of him and force the trunk of his body downward. You will then be in the position illustrated in Plate 21.

Now bear downward on the knuckles of his hand and force his forearm to your front.

Use the amount of pressure demanded by the situation. The end result is a broken wrist, a dislocated shoulder, and loss of his gun.

This is a variation of the movements described in Lesson 33.



Plate 21

How to Ward Off the Attack Of a Criminal With a Knife, Club or Brass Knuckles

LESSON 12

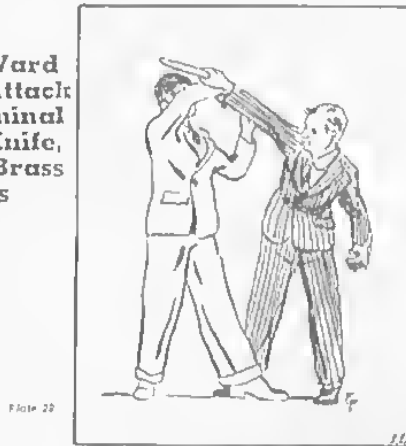


Plate 22

The best way to avoid a blow ready to land on you is by raising your right forearm to change the course of the blow up over your head.

At the same time your left hand will come up under the killer's elbow joint. Advance your left foot as shown in Plate 22.

Continue the movement as explained in Lesson 11 until you have him in the position shown in Plate 21.

There will be no light left in him after you start bearing down on his knuckles and forcing his forearm to your front.

How a Girl Can Stop a Fresh Guy



Plate 23

LESSON 13

If you are walking along the street and are molested by a man it is easy for you to take care of the situation even though no policemen are around. This monster may put his arm around your waist and say something to you.

To distract his attention from your plan of attack it is best that you answer him - and at the same time grip his right wrist with your right hand as shown in Plate 23. Instantly spin around and seize his upper arm in your left hand. This is made plain in Plate 24.

Continue your twisting movements and advance your left foot in front of him. Pull his forearm close in toward your body and force him downward into the helpless position illustrated in Plate 25.

By further forcing of his forearm straight forward you will dislocate his shoulder and teach him he is no Don Juan.



Plate 24



Plate 25

How to Capture an Attacker Trying to Gag Or Strangle You from Behind

LESSON 14



Plate 26

His arm will come around your head from where he is standing behind you and his hand will go around your throat or over your mouth.

You will quickly grip his wrist with your left hand. With the palm of your right hand get a position under his elbow joint.

Then, with a snap, pull downward with your left hand at his wrist and bear upward with your right hand under his elbow. This will loosen his grip around your head enough to enable you to duck your head down, under and out. Plate 26.

As you are getting your head out take his arm along with you and force his forearm up behind his back. He is powerless.

Another way this may be handled after you have his arm well gripped is to get your left foot in front of his right foot and kick his foot from under him. This will cause him to fall forward.

You will then quickly bring up your left knee and kneel on his upper arm making it impossible for him to move. This is illustrated in Plate 27.

He will give up and cry for mercy if while you are kneeling on his upper arm you lift his forearm upward.



Plate 27

Getting the Best of Your Attacker After You are Knocked Down

LESSON 15

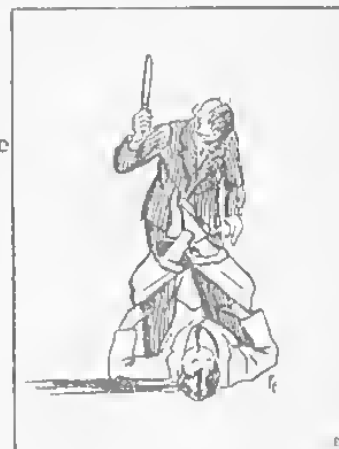


Plate 28

While it is agreed that you can work better up on your two feet you may be taken unawares and find yourself on the ground before you realize it. And furthermore, your assailant may be beside you ready to attack with a knife or club.

Before the situation gets more serious seize his ankles, one in each of your hands, and pull yourself close in so your shoulders come over his shoes—and at the same time bring your two legs up outside of his. Cross both your feet in front of him as shown in Plate 28.

Keeping your feet crossed, straighten your legs upward and backward. This will force the man backward, off his feet and flat on his back. As he is falling place both your hands under his legs and grip your own hands together or lock your wrists together with your hands.

Then get his legs wedged tightly under your armpits and lean backward so the weight of your body rests on his feet. You may, if the occasion demands, deliver a solar plexus or stomach blow with both your feet while they are still crossed.

As you see in Plate 29 you now have him in a hopeless condition. He is in no mood to continue the fight.



Plate 19



Plate 21

How to Save Yourself and Capture an Assailant Who Seizes You by the Coat Lapels

LESSON 16

Plate 20



This is a good lesson to learn well. First, because it is very effective in foiling your attacker's criminal plan. Second, here is a position in which most people find themselves when they are being attacked.

The assailant grabs you from the front by the coat lapels or the shoulders. His idea is to punch you in the face when he has you in a good position. Or perhaps he plans to butt his head full in your face.

In any case you can't allow him to get very far with either intention. Quickly up with your clenched fists between his arms as shown in Plate 20.

After this good stiff pair of blows to his face or chin you continue the upward movement of your arms. Then encircle your right arm over and under his left arm, gripping his clothing with your right hand.

At the same time place your left foot behind his left foot. Then the palm of your left hand under his chin. Now throw your man down on his right side.

Quickly place your right knee on his neck and your left knee in his ribs. Sit upright and lean backward as shown in Plate 31.

You are now in position to break his arm, fracture his ribs, and punish his face with your knee.

How to Floor A Man with Only One Movement

LESSON 17

Plate 22



A very quick, effective way to get a man off his feet is illustrated in Plate 22.

Get yourself on his left side and in one speedy movement do these two things:

First, strike him across the throat with the edge of your right hand. Fingers are extended.

Second, kick his left foot from under him with your right foot.

Do these two things at once. It is another trick of balance—this time, his loss of balance.

It is lucky for the people who win high that most people have no aim at all.—Walter B. Peking

Nothing worth while was ever accomplished that did not at first seem impossible

The recipe for perpetual ignorance is: be satisfied with your opinions and content with your knowledge.—Elbert Hubbard

A true test of the well-managed life is the ability to get things done.—Milton Wright

Opportunity knocks every day but you've got to be ready when you open the door.—Chauncy Pollock

The Never-Fail Solar Plexus Blow

LESSON 18

Plate 33



This course has shown you there are always two things to do when you are attacked. First protect yourself from injury.

But after that has been accomplished it is your duty (and pleasure) to slow up the criminal so the officers of the law can get him.

If an assailant is striking you with a swift right punch protect yourself by instantly parrying the blow with your left forearm.

At the same time take care of the assailant with your right hand.

Extend all the fingers (but bending the tips in at the knuckles) of this right hand and with the thumb in the middle of the hand and the palm turned downward deliver a blow into the pit of his stomach.

With your fingers still in the same position and as part of the blow twist your hand so you will finish delivering the blow with your palm upward. He will go down limp as your blow temporarily paralyzes the stomach muscles. Plate 33 shows this famous solar plexus blow.

Breaking Front Grip by Nose-Throat Blow

LESSON 19

Plate 34



Sometimes an attacker will clutch you around the wrist from the front and try to pick you up off the ground.

With both your hands free you will, at the same time, deliver a sharp blow under the cartilage of his nose with your right hand's edge and with your left hand's edge you will strike him across the throat.

Plate 34 shows how easily you can do this.

How to Use "The Terror" Winding Throw

LESSON 20

Plate 35



This is one of the most drastic Ju Jitsu methods of protecting yourself from attack and subduing a dangerous criminal.

He starts his attack while facing you. Don't wait. Seize his right wrist on the outside with your right hand and force his arm backward, upward, forward and downward in a circular movement.

At the same time you will turn right about, winding his arm around your waist as shown in Plate 35.

Without any break in your movement jump straight forward to your front and sit down on the ground. All the while you are keeping his arm tightly around your waist.

In this position you get your results by bearing downward on the knuckles of his hand while you are forcing his forearm to your left. This is illustrated in Plate 36.



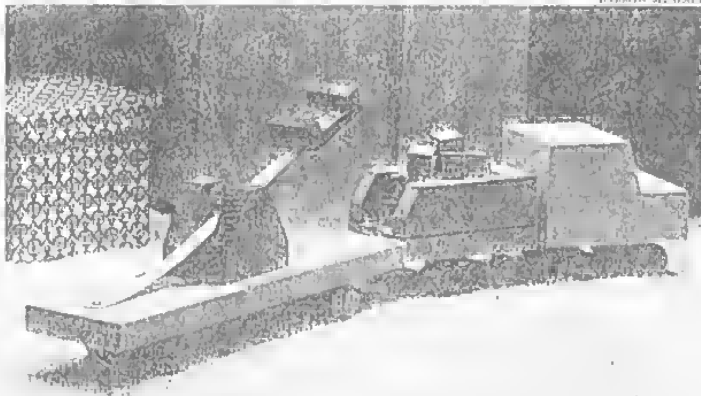
Plate 36

If carried out to its limits you would make his face extremely sore, break his wrist and dislocate his shoulder besides, per-

lays, knocking him unconscious.

This hold is what makes it almost impossible for a boxer to defeat a wrestler in a free-for-all.

The boxer will try to get in a powerful right punch right at the beginning of the encounter. The wrestler will parry the blow with his left. And with his right grasp the boxer's right wrist and proceed to disable the fighter as outlined in this lesson.



Catapult, ammunition carrier, and truck— all held in line by magnetic cabinet latches.

Catapult . . . for storming a castle

A worn hacksaw blade neatly wrapped in adhesive tape provides the launch power for this toy catapult. Complete with ammunition carrier and toy truck, the toy can be put together in an evening or two by a home craftsman with a power saw.

You'll need a short length of 4 by 4 for the truck; about 3 feet of 1 by 4 to make the two bases, carrier enclosure, and triangular catapult blocks; 4 1/2 feet of 3/8 inch wood doweling; a dozen 1 1/2-inch or longer screw eyes; the hacksaw blade; and a small screw and bolt.

The units roll on wood wheels—knobs, drawer pulls, spools, or short lengths of 1 1/2-inch dowel drilled to accept the 3/8-inch dowel axles.

For the catapult mechanism, drill holes 3/8 inch apart in two triangular wood blocks and insert short 3/8-inch dowels. Glue the triangles to the base. Bolt a V-shaped piece of scrap wood to one end of the tape-covered hacksaw blade, using the blade's hole, then slide the blade be-

Soldering Large Sheets of Metal Made Easy by Preheating



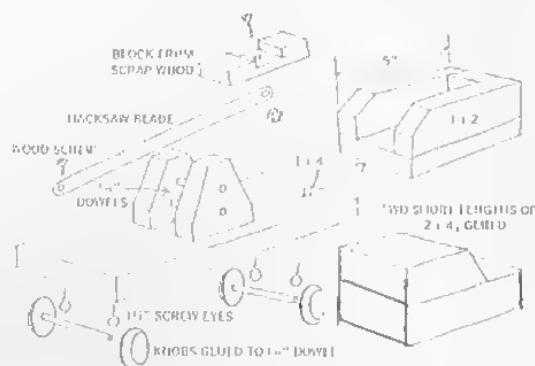
Because a large sheet of metal will dissipate heat quickly from a small soldering iron, it is often difficult to solder large areas. However, by preheating the metal over a burner and maintaining that heat, the job becomes quite simple. It's necessary to determine first the proper temperature for the metal, and also how far the work must be kept from the burner. The over-all temperature of the sheet should be just below the melting point of the solder.

Turn the dowels and wood-screw the other end to the base, as pictured. The spring blade provides good propulsion.

To provide easy in-line towing, cut a notch with a power saw or chisel in the back of the truck and ammunition carrier to hold a standard cabinet magnet latch; affix the metal strike plates to the front of carrier and catapult.

Before gluing the second wheel on each axle, slide the axle through screw eyes positioned below each base.

A varnish or enamel finish is optional. Then load up the ammunition carrier with wood chunks, and place all beneath the Christmas tree.



SUPER Ju Jitsu

Copyright 1942

Neck-Pressure Method of Breaking Front or Back Grip

LESSON 21

Plate 37



Here is a very useful hold that is effective in breaking an assailant's grip. He may have seized you from the front by your clothing—or he may be holding on a door or rail and refusing to let go. In either case you want to force him to relax his grip.

Grasp his coat collar back of his neck with your fingers only. Allow your two thumbs to come forward and rest on his neck one on each side of his Adam's Apple. See Plate 37.

Now then, your fingers will give you leverage while your thumbs force inward toward each other. The assailant cannot endure this intense pain and will give up.

Your man may be in such a position that you cannot get in front of him. In that case get close to his back and place your left forearm across his throat. At the same time place the edge of your right hand (the finger extended) up under the cartilage of his nose.

Force his head backward and drag him away. It will take but little strength to break his grip.

This World belongs to the energetic.—Ralph Waldo Emerson

The surest hindrance to success is to have too high a standard of refinement in our minds, or too high an opinion of the judgment of the public. He who is determined not to be satisfied with anything short of perfection will never do anything at all either to please himself or others. —Haititi

Most alibis are merely a confession of laziness.—Frank R. Barton

The Super Flying Dive Attack

LESSON 22

Plate 38



This lesson teaches you the best method of defense and attack against a man who really knows how to fight. It may be a sportsmanlike encounter between a boxer and a wrestler. Or you may simply be violently set upon by an assailant who knows how to use his fists.

At first keep well away from the man, with your chin resting on your chest to prevent a blow on that spot. Cross your arms in front of your body to ward off a knock-out blow at your solar plexus. But at the same time keep your arms relaxed so you can act in a flash when your opportunity comes to attack.

Now with your eyes on the man work your way in gradually. In almost every case a fighter will lead with his left. You are expecting it so you are prepared to avoid the blow with your left forearm. See Plate 39.

Plate 39



Instantly you drop down on your own right knee and seize his left ankle with your right hand. This is the moment when the flying dive may, in many cases, be necessary.

With your right hand around his left ankle lower your left hand (from defending yourself against his punch) to his solar plexus. In one combined movement pull toward you with your right hand and push away from you with your left hand. This will send the man sprawling on his back as illustrated in Plate 40.

As he is falling backward you stand up on your feet quickly and throw his left ankle up and under your right armpit. See Plate 41. And grasp his shin with your left hand— and grasp your own left wrist with your right hand.

Finish him off by lifting your man up on his head while you lean backward. If something stronger is needed to quiet him you can place your left foot on his throat.

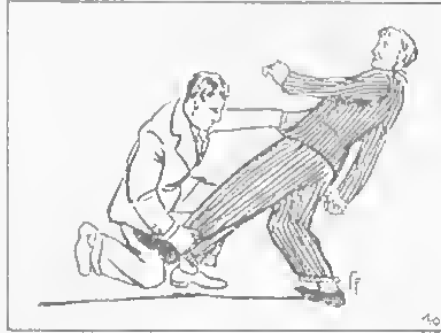


Plate 40

As a variation from the leghold illustrated in Plate 41 you may seize his toes with your left hand and his heel with your right hand. Twist his foot quickly to your left, turning him over on his stomach.

In doing this place your left leg into the hook of his left leg. Kneel down behind him so his foot is resting in the pit of your stomach or against your chest as illustrated in Plate 43.

Your leaning forward will cause him unbearable pain and make him cry out for mercy.

This series of movements in getting this leg hold is simple when you have it well in mind. As a practice to develop your speed do this: Get close to a wall and see how quickly and well-timed you can complete the step of dropping to one knee, gripping an imaginary assailant's ankle with your right hand and striking the wall (solar plexus) with the heel of your left hand.



Plate 41

Again it should be repeated that each step in Ju Jitsu must follow the previous step automatically and without the least trace of hesitation. Practice and practice until you can almost "feel" how one move follows another. You can't think it out while the battle is on!



Plate 42



Plate 43

A Powerful Arm Hold Without Handcuffs

LESSON 23

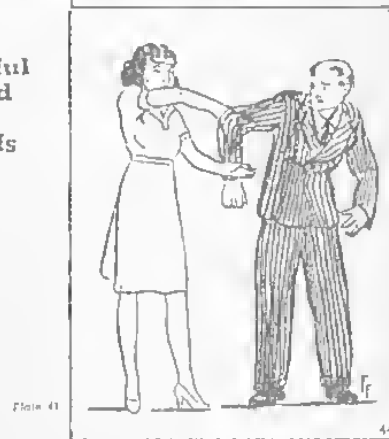


Plate 44

This fool-proof hold is for policemen, theater ushers, doorkeepers and other attendants who may want to hold a rowdy without using handcuffs.

Face the disorderly person and instantly seize his right elbow joint on the outside with your right hand. Pull his elbow quickly toward you. And in a flash get your left hand up against his right wrist. This is illustrated in Plate 44.

Continue your movements by forcing his forearm up behind his back. Then get abreast of him so he cannot strike or kick you. Plate 45.

Keep the weight of your body close in toward your man and with your left hand gripping his upper arm and your right hand at his elbow joint—you now have him where, without effort, you can hold him, you can march him off to the police station, or you can simply put him outside on the sidewalk.



Plate 45

This will not injure him. But if he resists let him know you are his master by beating downward toward the ground with your right hand at his elbow and upward and outward with your left hand at the upper arm.

Before it is necessary to force a shoulder dislocation he will likely quiet down for you.

How to Master the Situation When You are Grabbed and Held by Both Your Wrists

LESSON 24

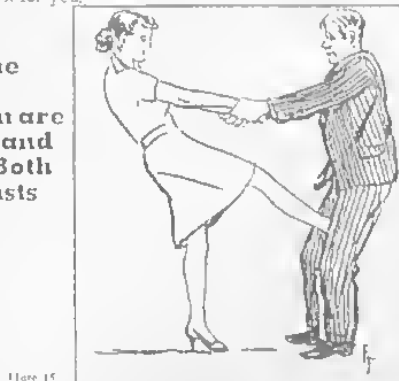


Plate 46

Your movements are the same whether you are seized by the shoulders, held by both wrists or an attempt is made to strangle you by your coat lapels.

Instead of making an effort to get yourself free all you need do is deliver a blow to your assailant's scrotum with your knee or your foot. Not much force is needed behind this blow to the crotch.

The strongest and biggest man will crumple to the ground in agony. Not a pleasant operation but necessary, sometime, to defend your own life. Plate 46.

Quick, Easy Way to Disarm a Gunman

LESSON 25

Plate 47



Should you be threatened by an armed assailant or one who likes to use his fists here is an easy way to subdue him and discourage further criminal plans on his part.

Facing your attacker you catch his right wrist with your left hand as shown in Plate 47. Lift his forearm upward so his elbow forms a right angle.

Bring up your right hand behind his upper right arm and seize his wrist with your right hand. Your left hand can come down.

You see from the illustration that your man is now secured and helpless.

Using your forearm as a lever you can bear downward with your hand at his wrist. A certain amount of pressure will dislocate his shoulder.

The great art to learn much is to undertake a little at a time.—Locke
So live that you can look any man in the eye and tell him to go to hell
Knowledge is a treasure, but practice is the key to it.—Thomas Fuller
Nothing is so much to be feared as fear.—Henry David Thoreau
Unlike the poet, the successful man is not born.—John Wainwright
You will never "find" time for anything. If you want time, you must make it.—Charles Horton
A wise man will make more opportunities than he finds.—Bacon
Success does not consist in never making blunders, but in never making the same one the second time.—H. W. Shaw



Plate 49

Head Over Heels and He's Out

LESSON 26



Plate 41

The assailant may want to butt you in the stomach or face with his head. In this case you can make his position boomerang on him—and cause it to defeat him.

As he seizes you in the front or rushes at you with his head down get your feet well planted and prepare to meet him.

Catch him at the back of his neck with your right hand and force his head under your left armpit. See illustration in Plate 49. Grip your left arm around his neck tightly and then get a hold on his belt or the seat of his trousers with your right hand.

Quickly fall backward and sit down. In doing this bring your left foot up (see Plate 50) and throw your man head over heels until he strikes the ground.



Plate 50

Keeping your hold around his throat with your left forearm, strengthen your grip by clutching your own left wrist with your right hand.

Increasing pressure on this hold would strangle the man.

Over- Powering an Attacker who Gets You Down and Attempts to Strangle You

LESSON 27



Plate 51

In a rough and tumble bout it is not unusual to find yourself flat on the ground with the assailant on top. He may even try to strangle you.

Tightly clasp your right hand around his right wrist and place the palm of your left hand at his elbow joint. Details are shown in Plate 51.

Then turn your whole body over quickly to your right. This will force the culprit over on his stomach. Keep your grip on his arm with your hands. Jump up quickly and place your left knee on his upper arm, bending his forearm around toward you. This is made clear in Plate 52.

Forcing his forearm straight to your front will make him give up - or will dislocate his shoulder.



Plate 52

Holding Down a Very Strong Man By Nerve Pressure

LESSON 28



Plate 53

Suppose you find yourself on the ground battling with a very powerful man.

Get on top of him as explained in Lesson 27 - or in any other way - place the heel of your left hand under his chin and turn his head away from you.

At the same time place the thumb of your right hand on the nerve center that is situated close up under the lobe of his left ear. Plate 53 shows the position.

Pressing downward toward the ground with your thumb will cause your assailant very severe pain. Continued force will result in unconsciousness.



Plate 54

LESSON 29

The 100% Effective Leg Strangulation Hold for Use On Powerful Men

It may happen that in your encounter with an assailant you are unable to get on top of him as directed in the previous two lessons. In such a case simply keep him from getting a hold on you. Continue rolling about on the ground.

Then work around to a position where you can get his neck close up in the fork of your legs. When you have done this your enemy is as good as captured already.

Cross your feet and straighten your legs out rigidly. This will secure him in a very powerful leg strangulation hold sometimes called the Neck Scissors hold. See Plate 54 for details of position.

In practicing this hold with a friend be extremely careful. Watch his face. If it grows red you have stopped his breathing - so let up on the pressure instantly.



Plate 55

LESSON 30

Vise-Like Ground Leg Hold

This is another excellent method of holding an assailant down on the ground during a rough and tumble.

You work around to get in position, avoiding any grip he might

get on you. Keep moving.

Then encircle your left arm over and under his left leg. At the same time with your right hand seize his left leg half way between the knee and foot. Finally grip your right wrist with your left hand.

Bring up your right foot and place it on the pit of his stomach. You then have an extremely powerful leg hold on your man.

If he resists wedge his leg tightly under your armpit and lean backward. The whole weight of your body will rest on his foot. At the same time you can deliver a blow with your foot to his stomach or groin.

This will finish him in double quick time.

It does not matter much whether you start to work on his left or his right leg. Do whatever seems easier for you. But practice only one so you will become expert and will not find yourself hesitating when actually using this hold in battle.

How to Throw Any Man with An Easy Hand Twist

LESSON 31

Plate 56



Even a girl without much strength can throw the strongest man to the ground by using this grip. And with a little added snap she could break his wrist if necessary.

As the assailant faces and threatens you grasp his right hand with your left hand. Your fingers in the palm of his hand and your thumb at the back of his hand.

Lift his hand upward toward yourself and come up with your right hand, placing your fingers and thumb in the same position as your left hand on the other side of his right hand.

This brings the fingers of both your hands in the palm of his hand and your two thumbs on the back side of his hand, one inch below the knuckles each side of the middle finger. These two spots are nerve centers, as you have already learned. See Plate 7 to refresh your memory.



Plate 57

Then quickly straighten out his arm and twist his hand downward and outward toward the ground. Illustrated in Plate 58.

He cannot help himself and will fall to the ground. The moment he hits the ground place your right foot close up under his armpit. This prevents him from twisting. At the same time keep his arm up straight and force your thumbs downward toward your fingers, as if you were folding a sheet of paper. Twist his whole arm outward.

Continued pressure will cause the biggest wrist to break. Final position illustrated in Plate 57.

How a Girl Can Capture A Purse-Snatcher

LESSON 32

Plate 58



You are walking along the street and a man molests you by seizing your wrist, snatching your bag, or clutching your shoulder.

Say your assailant is on your right side as shown in Plate 58.

Instantly spin right about. Now facing the opposite direction catch your assailant around the waist with your left hand and place your left foot behind him as shown in Plate 59.

Continuing your movement, bend downward quickly to your right. This will send your man sprawling to the ground. Shown in Plate 60.

This buttock throw will take him entirely by surprise. And he will hit the ground with such force he is not likely to get up right away.

At this point, while he is down, you may if you wish apply one of the holds taught in previous lessons.



Plate 59



Plate 60

When you step behind the man (Plate 59) be sure you let balance help you. Get far enough behind him to make him lose his balance - and to enable you to swing him without much effort, balance doing the work.

Winning by Winding

LESSON 33

Plate 61



61

This hold starts with you in a very disadvantageous position—the assailant has both his hands at your neck.

Instantly clasp your right hand around your attacker's right wrist. The palm of your left hand goes under his elbow joint. By this time you should be very familiar with this operation. Illustrated in Plate 61.

Quickly turn right about. At the same time bear upward with your left hand under his elbow and wind your assailant's arm close in and around your waist as shown in Plate 62.

Then quickly jump straight forward to your left front and sit down on the ground. This movement will throw your assailant down on his face with your back resting on his back. The entire weight of your body is resting against him. See Plate 63.

Keep his arm bent round and close in to your body, with your left hand at his elbow. Force his knuckles downward toward



Plate 62

62

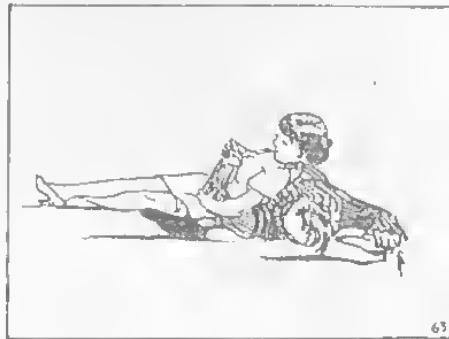


Plate 62

his elbow—and at the same time force his forearm upward then over to your left, keeping the forearm straight up.

The final result on your assailant is a broken wrist, a dislocated shoulder, and perhaps a few missing teeth because of the way his face hit the ground.

"Katsu"— Restoring Consciousness To an Unconscious Person

LESSON 34



Plate 61

Raise the unconscious subject to a sitting position, stand behind him and support him with one of your knees. Then place your thumbs at the pectoral arch. You will locate it by feeling for the two hollows of the shoulders close to each side of the neck. For position see Plate 64.

With your thumbs placed let your fingers rest firmly on the chest. Pressure is then given with both fingers and thumbs with upward and downward movements. Move fingers upward on the chest and press the thumbs downward on the pectoral arch.

Fingers must not slide over the skin. Rather, they should move the skin and flesh up and down with them.

It is said the effect of this pressure tends to stimulate the nerves of the heart and also cause the diaphragm in chest to expand and contract which helps to start the subject to inhale and exhale.

While this pressure is being applied to the chest with the fingers a sharp blow should be delivered with your knee on

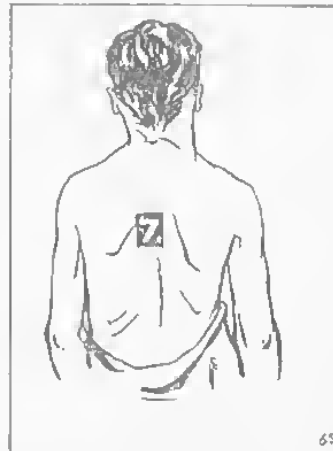


Plate 63

about the seventh dorsal Vertebra. This would be very nearly the middle of the backbone, slightly higher. See Plate 65.

This, it is said, tends to stimulate the Pneumogastric nerve and assists in causing the diaphragm to expand and contract.

The inhalation and exhalation thus brought about in some way helps the heart along. Also, it aids the circulation of the blood.

Another point on the backbone where a blow might be landed is the vertebrae third from the bottom of the spine.

If you know the unconscious person's name it is well to call to him as weak movements begin. This will help some in getting his mind working again.

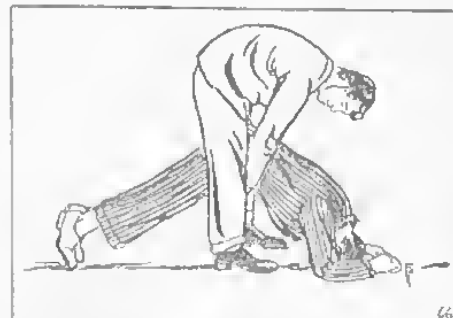


Plate 64

In cases of people being rescued from drowning the American Red Cross method of artificial resuscitation is most effective.

The patient is laid prone on his stomach, face to one side and mouth open. Then an effort is made to get him to breathe.

In nearly every case the patient needs oxygen (either from the air or from a tank) in his lungs. He definitely does not need water taken out of him as it practically never enters.

Continued next issue

SUPER Ju Jitsu

Copyright 1942

The Escape-Proof "Come Along" Hold

LESSON 35

Plate 67



You will find this clamp-like hold most effective in taking violent culprits to a police station or other place of safe keeping. It is invaluable knowledge for police officers.

Standing beside your man grasp his right wrist with your right hand and lift his arm straight out in front in a horizontal position. In doing this enchele your left arm over and under his upper arm and clasp your own right forearm with your left hand. Shown in Plate 67.

Should your man become violent wedge his upper arm tightly under your left armpit and bend downward with your right hand at his wrist. Make sure the palm of his hand is up. This continued pressure will break his arm.

Plate 68



Now to come into a very painful wrist lock from the man hold allow his arm to bend at the elbow joint that rests on your chest. Then with the palm of his hand downward and with the palm of your right hand over the knuckles of his right hand let your left hand grip hold of your right upper arm as shown in Plate 68.

To make him submit—or end with a broken wrist—force the knuckles of his hand inward toward your chest. (Don't forget to be gentle in practice.)

Following these two holds you may want to throw the man because of his becoming too violent. It's easy.

Hold your grip just as you have it then quickly turn inward and left about, facing the opposite direction. At the same time

Plate 69



lift his and your own arms upward and place your right foot behind his right foot. This is made plain in Plate 69.

Force your man backward with this dislocation-of-the-shoulder throw. He will automatically fall backward over your foot, sprawling on his back.

To complete the dislocation over hold, the moment he hits the ground (you are still holding him) place your right knee on his shoulder and straighten his arm out to three-quarters length as shown in Plate 70.

Lift upward with your left forearm and round to your left with your right hand at his wrist. He will give up or he will end with a dislocated shoulder.



Plate 70

You have him helpless on the ground now and may want to slip hand cuffs (bracelets) on him.

Place your right knee on his upper arm and allow his forearm to come straight so that his arm represents the letter L. Put your right hand over the knuckles of his hand as shown in Plate 71.

Tell your man to bring his left arm over so you can handcuff both his wrists together. If he refuses—as he probably will—just bear downward with your right hand on the knuckles of his hand. It won't take much pressure to make the man see your point.

As it takes so little pressure to break a wrist don't be too enthusiastic with your friends in practice.



Plate 71

The live-in-one combination just outlined is perhaps the most effective Ju Jitsu hold ever developed. One after another you have 5 powerful positions—any one of which is perhaps strong

enough to carry out your intention. If your assailant knew you had 5 such rabbits to pull out of the hat he certainly would avoid tangleing with You.

Disarming The Hold-up Man

LESSON 36



Plate 72

The criminal may have a gun, knife or club. But here is a quick and effective way to disarm him and avoid injury to yourself.

Seize the wrist of the hand holding the weapon. This is usually the right. Seize it with your right hand, and lift his arm upward and straight out in front.

At the same time place your shoulder close up under his arm and place your left hand on your hip. This last move prevents the man from coming forward.

Stand erect and make yourself as tall as possible. Then quickly pull downward violently with your hand at his wrist as shown in Plate 72.

This movement will not only disarm the assailant but if you use a little extra force his arm will break.

Flying Tackle with Double Leg Lock

LESSON 37



Plate 73

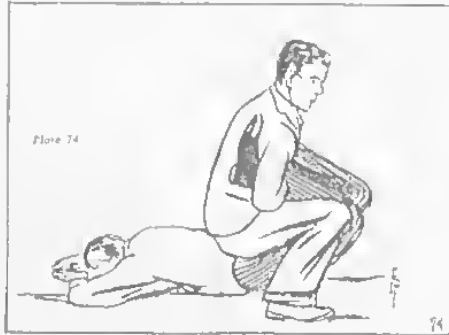
This is a good example of how you must act instantly, seconds before your assailant even knows you are thinking about resisting.

In this instance dive at his feet and seize both his ankles with your hands. This is easy provided you do it without first glancing to the ground and giving yourself away.

On your way down to his feet butt him in the solar plexus with your head. Yank his feet forward and send him sprawling on his back.

As he is falling you bounce up and place both his ankles under your armpits. Lift him up and down so that the weight of his body rests on his head as in the illustration, Plate 73.

This position brings the outlaw's weight on a pivot, making it easy to twist him over on to his stomach.



Still keeping his ankles under your armpits turn left about by twisting your man over on his stomach. As he is turning over step over his body with your right leg.

As soon as the turn is completed sit down on his buttocks and lean backward toward his head, allowing the weight of your body to rest on his feet as shown in Plate 74.

This will cause intense pain which will seem to run up his spinal column.

You may, if it is desirable, apply this hold to one leg instead of two. Results will be about the same, except that you will have a free leg to watch.

LESSON 38

Escape is impossible with this method of throwing an assailant and holding him by this powerful arm hold.

Facing the man who attacks you seize his left elbow joint with your right hand and throw his forearm up and under your right armpit.

At the same time bring your right hand up under his upper arm and grasp his clothing—coat lapels give a good grip—with your right hand. Jab him under the chin with the heel of your left hand as illustrated in Plate 75.

Then place your left leg behind his left leg and force him down on his right side, still holding on to him, of course. This brings him down in front of you on his side and close to your feet.

Quick Arm Hold and Throw



Plate 75

From this position step over his body with both feet so that his arms come up between your legs. Then sit down on his left



side and allow your left hand to grip his upper arm and come into the arm hold as shown in Plate 75.

Sit upright, lean back and your man will lose all his fight.

The Devil's Handshake Or How to Act On Friendly Terms with An Enemy

LESSON 39



Plate 77

Shake hands in the usual way (Plate 77). But instead of letting go of his hand turn quickly right about. In so doing bring his upper arm to rest on your left shoulder. And strengthen your grip by seizing his arm at the elbow joint with your left hand.

Bend your legs at the knees and come into position as shown in Plate 78.

You can send your man flying over your head this way. Straighten your legs with a jerk and pull downward toward the ground with his arm. Bend the trunk of your body downward in a horizontal position.

If done with determination you will not only send the thug hurtling over your head and on the ground but in addition his arm will be broken and unfit for further fight.



It is not necessary that you throw the man over your head in this series of movements. You can disable him, breaking his arm, by merely pulling down on his arm while you are standing up tall as possible.

Special Superior Leg Lock No. 1

LESSON 40

Plate 79



Make an instant flying dive, one hand to the ankle the other to the solar plexus. As your man is falling backward stand up, get his left leg up under your right armpit.

Allow your right forearm to go under his leg and your left hand on the shin. Then seize your own left wrist with your right hand as shown in the position illustrated in Plate 79.

At the same time lift the man up on his head, which acts as a pivot, and turn left about.

As the man is turning over you will instinctively step over his body with your right foot, bringing you standing outside him.

To cause submission stand erect and lean backward. At the same time, without moving your feet, twist the trunk of your body around to the right. Your right foot on the back of his neck. See Plate 79.

This will dislocate his knee cap.

Special Superior Leg Lock No. 2

LESSON 41

Plate 80



As this formidable hold is twice as painful as that taught in lesson 40 you should have a friend apply it on you before you start using it seriously.

This leg lock and knee dislocation is a 2-in-1 combination attack.

You throw the man with the flying dive already taught—twist him over on his stomach—wedge his left leg tightly under your right armpit by the method illustrated in Plate 80.

Then stand erect and lean backward so the weight of your body rests on his foot.

Without moving your feet, twist the trunk of your body to the right. The result is a painful dislocation of your assailant's knee.

That man is great who rises to the emergencies of the occasion, and becomes master of the situation.—Donan Pail

It is a great art to be superior to others without letting them know it.—H. W. Shaw

Man thinks, and at once becomes the master of the things that do not think.—Duffon

The Super Powerful Arm Hold

LESSON 42

Plate 81



Not only is the grip illustrated in Plate 81 extremely powerful it has the added advantage of being easy to apply against many positions from which you may be attacked.

You may use moderate force on this hold and make it just painful enough for your assailant to make him give up. Or you may use more force, if he becomes violent, and break his wrist and dislocate his shoulder.

You start your defense from the position of your being attacked with a deadly weapon or with hands at your throat to strangle you.

Be sure your left leg is well bent as illustrated. This gives you more leverage and multiplies your strength.

The routine step by step procedure is familiar to you now as it has been outlined in several previous lessons.

Flying Scissors Double Leg Throw

LESSON 43

Plate 82

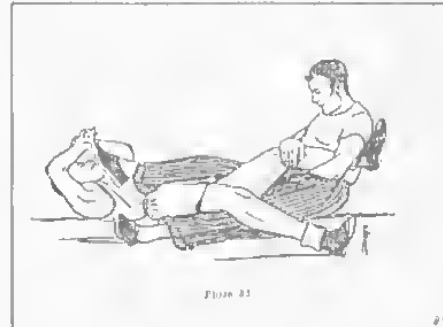


When you want to get the assailant down very quickly use this method. It is really a wrestling attack used in American wrestling regularly. Except that the wrestlers do not apply the leg lock to be explained.

Getting to one side of your man, throw up your right leg with a spring. Bring it up to a point along his waist. At the same time bring your left leg up behind your assailant's legs just above the back part of the knee. See Plate 82.

With these combined movements twist the whole of your body right. Your man will quickly be thrown on his back.

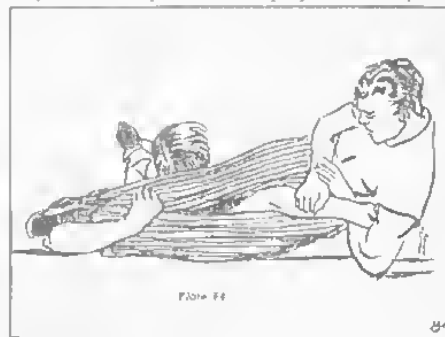
Come up into a sitting position without hesitation and secure his left leg up under your armpit. At the same time place your right hand below his knee and place your left forearm under his leg. Grip your own right forearm with your left hand.



Now you wedge his leg tightly under your armpit and lean backward so the weight of your body rests on his left foot. This is illustrated clearly in Plate 83.

Your right foot is resting on his stomach or solar plexus where a blow may be given with your foot.

In learning this series of movements you might find it more convenient at the beginning to get your legs in scissors position without the jump. Then after you get the general idea well in mind you can attempt the scissors flying rather than just standing.



LESSON 44

Outlaw's Crucifixion

Double leg Nelson and double arm Nelson would be the wrestling term for this escape proof hold. Wrestlers sometime use the double leg Nelson but not the double arm lock.

You will use this Crucifixion hold after you have been attack-

ed and find yourself rolling around the ground in battle with the culprit.

The assailant must be worked into a position flat on his stomach on the hold may be started with the assailant on his hands and knees. You will get him in this position when you give him half a second's time so he can start to get up.

As he kneels—down on all fours—get close to him on his left side and place your left foot between his hands. Then bend over his back, seize his right wrist with both your hands and pull him over on to his back. While doing this you turn completely on your left side and lie down.

Bring up your right leg and place it at the back of his neck and lock his left arm again with your right foot. (You lock it the first time as you go over backward.) Then form a double lock about which you have already learned.

Study the positions illustrated in Plate 84. This shows how you next lock his right arm under your left armpit.

Try it in practice a few times. You'll be surprised how smoothly one step follows another!

To make the outlaw quit simply lean backward, allow your entire weight to rest on his arms—and at the same time stiffen your legs.

The pain is terrible. He will not be able to bear up. If he does resist, though, just a little bit more pressure on your point will break his arm.



LESSON 45

Combination Leg-Arm Ground Lock

One of the chief advantages of this type of hold is the speed and ease with which you can apply it while both you and your attacker are fighting on the ground.

You can start this hold from the worst possible position you might find yourself in—flat on your back. Turn quickly to your left and sit down, upright, with your back against his left side and as near his head as possible.

Secure his left arm and bring it over the upper part of your leg. Keep his arm out straight. Then bend your left leg inward

and bring up your left foot so that it will rest on your assailant's left wrist.

At the same time allow your left forearm to rest across his throat. At the Adams Apple as illustrated in Plate 85.

The final step is for you to cause your left knee or leg to bear down toward the ground and put your entire weight on the forearm across his throat.

He will not be able to cry out but his kicking and squirming will quickly tell you he has had enough.



LESSON 46

Slip-Proof, Powerful Arm Lock

You can do real damage to an assailant using this hold. Just moderate pressure will snap his arm at the elbow—just as easy as breaking the stem of a wine glass.

This hold is a good one to use if you have fallen after missing some standing grip. Take your man with you and start working on him while both of you are down.

Turn the man on his back, throw your legs over his body; your right leg across his throat and your left leg across his chest. Then secure his left forearm close up under your right armpit.

At the same time encircle your right forearm over then under his arm so that your forearm is under his elbow joint. Your left hand will be gripping his upper arm and your right hand gripping your own left arm.

You can finish your job quick by wedging his arm tightly under your armpit and leaning back so that the entire weight of your body rests on his arm. In doing this, bridge your own body off the ground.

The position in Plate 86 shows the assailant more on his right side as he lays on the ground. This is merely so the arm lock shows up more clearly. In practice follow the instructions more closely than you follow the picture. (This lesson only. In all other lessons you follow the illustration even more than you follow the text.)

Defending Yourself Against Flying Fists

LESSON 47

Plate 27



The main thought behind this defense is to keep from getting knocked out. After you get right up to the bully, regardless of his size, you can use any one of a dozen sure holds to stop him cold.

In fact, the only way a fighter can ever defeat a good Ju Jitsu man is by landing a knock-out punch before a hold is started on him. After that he knows, as you well know, that his goose is cooked.

Get your hands up to your face as illustrated in Plate 27. Punches that hit your hands a sliding blow will not do you any serious damage. But get in there quick and start to tie him up quick before he can land more than one blow.

Don't let him get behind you.

One of the best things to do first is go at him with a flying dive. But you know many good ways to start.

The object of placing your forearms and hands in front of you as pictured is to protect the jaw and the solar plexus especially.

An ounce of courage will go farther with women than a pound of fluidity.—Holtine

Modern Mechanics February 1934.

New Rifle Shoots Beam of Light



"Shadolite" gun, invaluable for target practice, shoots a beam of light. An electric eye behind hole in bull's eye of target operates signal when hit by light beam of gun.

AN INVENTION of considerable interest to rifle enthusiasts is the "Shadolite" gun. Without ammunition of any kind, this new gun registers bull's-eyes and misses just as does an ordinary rifle.

A powerful flashlight mounted inside a nine gauge shotgun flashes a beam of light at the target for any set interval of time ranging from zero to 30 seconds. A photoelectric cell mounted behind a hole in the center of the target causes a relay to operate when the rifle is correctly aimed, thereby lighting a signal lamp. The aim of the gun may be corrected within the time length of the light beam.

Popular Mechanics

July 1955

Compact Kit Plates Metal

Two miniature batteries contained in a metal case provide the electricity for a compact, economical, electroplating set. Attached to the battery case is an anode which is placed in the electroplating solution. Another wire leads from the battery case to a crocodile clip and a hooked copper wire for holding rings and other small objects in the solution. The instrument applies a silver, copper, gold, rhodium or chromelike finish.



SUPER Ju Jitsu

Copyright 1942

Ju Jitsu vs. Boxing

LESSON 48

Plate 88



This lesson covers the subject of "The Mixed Bout."

It was not mentioned in lesson 47 but you should keep your fingers slightly apart when you place them over your face for protection. First, your hand will cover more surface and second you will be able to see what's going on. See Plate 88.

As soon as you are in close quarters, quickly drop down on your right knee and deliver a blow to the Solar plexus with the heel of your left hand—and at the same time grasp the ankle he has farthest advanced with your right hand. Pull upward with your right and push backward with your left hand.

He will be thrown off balance as illustrated in Plate 89.

As he is going down backward you stand up, place your left hand on the toe of his foot and twist his foot over to your left. This will turn your man over on his stomach.

Kneel down behind him at once and rest on your right knee—and lock your left leg in the back of his knee joint on his left leg. His left foot will come up into the middle of your stomach.

To make him quit—lean forward toward his head so that the whole weight of your body rests on his foot. This is made clear in Plate 90.

Don't stop trying! Remember, it is usually the last key you try that turns the lock.

The grooves that lead to the heights are not made between nine and five. They are burned in by midnight oil.—Owen D. Young

All wish to possess knowledge, but few, comparatively speaking, are willing to pay the price.—Journal



Plate 89



Plate 90



Plate 91

Here is another good way to bring the boxer down and start him on the road to his defeat.

Get in close to your man with your left foot advanced and your body inside the boxer's left lead.

Like a flash and using your left foot as a pivot, turn left about and bring your right arm around the boxer's neck over his left shoulder. At the same time grasp your own right wrist with your



Plate 92

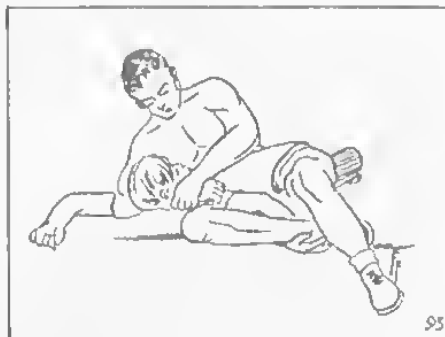


Plate 93

left hand and keep turning left as far as possible so that your left side is close in against the boxer's stomach as shown in Plate 91.

Keep holding your own wrist and kneel down on your outside knee (in this case your right knee.) With a good tight grip around the boxer's neck, twist your whole body to the left with a snap. See Plate 92.

This will force your man over your back and on his own back. Keeping your grip just as it is force your chest or full weight of his body on his chin. Apply the strangle hold and leg arm lock as shown in the illustration.

Self-confidence is the first requisite to great undertakings.—Johnson
Take care to get what you like or you will be forced to like what you get.
—George Bernard Shaw

A Powerful Walking Hold From Which A Criminal Cannot Break Away

LESSON 43

Plate 91



94

There are cases where you may have your assailant locked up tight while both of you are laying on the ground—but if no one is around to help you what should you do then?

Here is one answer. Get the following hold on him and march him off to a police station or some other place where you can get help, if necessary.

Standing ahead of your man on his left side grip his left arm at the elbow with your right hand and throw his forearm upward behind your back.

As his arm is coming up seize his wrist with your left hand. At the same time allow your right hand to go under his arm and through and over to his right coat lapel.

Then close your hand tightly on his coat lapel with your knuckles inward. This movement brings you with both your arms crossed. (Plate 94) Your arm is outside his.

Force him away from you by standing erect. Push him away



Plate 95

to your arm's length. He cannot now strike you with his free right hand. See Plate 95.

If he gets rough and needs a lesson, keep holding him, turn right about and place your left foot behind his left foot. Throw him as explained in lesson 15 and illustrated in Plate 31.

You might have occasion to hold and walk a man who is drunk. This will make some kind of support necessary.

A helper can get to the other side of your man and get a grip on him similar to yours. You will then be holding the man up and walking him at the same time.

If he is violent—or if he is absolutely unable to walk, another helper (now 3 of you) can get behind the man, grasp both his ankles and pick him entirely off the ground. This third helper can keep away from the drunken man's feet by walking between his legs as the man is being carried face downward, flat out.

Your Sure Defense Against a Full Nelson Hold

LESSON 50

Plate 95



There are times when you meet up with an assailant who knows a hold or two that he springs on you while you are unaware.

Still a common trick is for two robbers to work together, making their work less hazardous, they feel. One sneaks up behind you and tips your hat forward over your eyes.

You naturally bring both arms up to adjust your hat—and one robber applies a full Nelson as shown in Plate 96. The confederate can then appear on the scene and rifle your pockets.

Get the man in front first. Bring up your knee or foot with force and deliver a good blow to the assailant's scrotum. That will count him out in double-quick time.

Then bend your trunk forward and downward into a horizontal position. Make a complete left turn and step backward with your left foot. Place your left foot behind your assailant's right foot.

Now seize his two legs at the knee with both your hands and lift your man up off his feet. As you do this your leg will automatically bend at the knee, on which his body will rest for a moment. (Plate 97)

Then throw your man with force away from you around behind



Plate 97

your back. This will be toward your right foot. But don't move your feet at all.

You will now find yourself master of the situation and, if necessary, you can break his wrist as explained in lesson 7 and illustrated in Plate 10.

Speedy Combined Arm and Leg Throw

LESSON 51

Plate 98



Sometimes this is called the "Buttock Throw" and "Arm Hold and Leg Strangulation." Whatever you call it, here is a quick sure way to stop an assailant who attacks you from the front.

Grasp his upper arms, step behind him with your left foot coming into a position of balance and give him a good buttock throw. See Plate 98.

Swing your trunk downward to your right front and at the same time pull upward with your right hand so as to get his head clear of the ground.

This movement makes it possible for you to hook the back (back of knee joint) of your right leg around his neck.

Continue by keeping your right leg bent at the knee and sitting down on your own right heel. Then extend your right leg

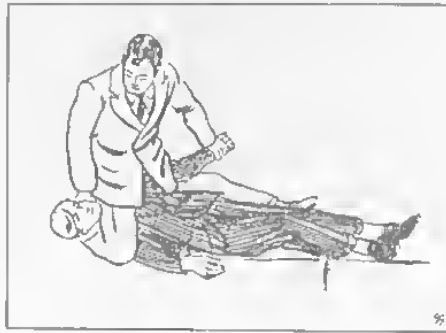


Plate 98

out full length with the elbow joint of his left arm resting on it.

Sit backward to allow your weight to come across his throat and bear downward with your left hand at the wrist, as shown in Plate 99.

How to Stand Your Attacker On His Head

LESSON 52

Plate 100



It is desirable, sometimes, to repay a tough toughneck with a bit of your own educated muscle.

You throw your man into position but you do not use the Arm Hold and Leg Strangulation taught in Lesson 51.

Use the regular balance throw (which you already know) illustrated in Plate 100. As he is falling to the ground allow your arms to relax slightly so that your assailant's legs will go through your arms as he travels head downward.

The same moment he strikes the ground, place your right foot on his chin and secure his legs as shown in the position illustrated in Plate 101.

This is really comical because it brings the tough guy straight up and down, standing on his head.



Plate 101

He will give up when you raise him and drop his head a few inches 2 or 3 times. Be sure you leave your foot on his chin to keep him from bending up forward!



Plate 102

LESSON 53

Pinning Your Assailant to The Ground

Very powerful and effective, this arm hold is used when you want to secure your enemy during a rough and tumble on the ground.

Grasp his right wrist with your right hand and grasp his forearm with your left hand. Then get your own forearm more or less under his elbow. Keep his arm bent at three quarters arm's length as in Plate 102.

With your right hand at his wrist bear away toward your feet—and bear upward with your left forearm under his elbow joint.

Increasing the pressure even slightly will dislocate his shoulder.

LESSON 54

How to Throw An Assailant 9 to 10 Feet

Commonly called "The Stomach Throw" this is used when your man makes a rushing attack at you.

Seize your assailant by his upper arms or coat lapels. Then bring your right foot to the pit of his stomach. The knee will be bent slightly and your foot will be against his stomach.

Continue the movement by first going backward and down on the ground in a sitting position. Then continue going backward and see how far you can throw your assailant over your head. After he has ridden your right foot over your head give your last good push and release your grip.

You can throw him 10 feet or more with a good start!

If you keep your grip on his upper arms or coat lapels after he has gone over your head you can yourself go head over heels and come over sitting aside your assailant.

You will then be in position to apply any one of the holds or locks you already know for this kind of situation.

LESSON 55

What to Do When You are Held by Both Wrists

Should you be seized by both your wrists instantly clench both fists.

Then make a circular movement with them by twisting them outward, inward, then upward toward your own face.

This simple movement will break the grip of the strongest man. The secret is that you are actually using the full strength of your two arms against only his two thumbs.

After breaking his grip you may use any one of several good holds, perhaps the best being one of the effective arm holds taught you in earlier lessons of this course.

LESSON 56

Your Head in Chancery—How to Break Out

It usually means much punishment if your attacker gets your head under his left armpit and gets his right set to smash your face in.

But if you act quick you can avoid even the first blow by placing your left hand with fingers extended and spread over your face.

At the same time place your right foot behind your assailant's left foot. Extend the fingers of your right hand and bring your hand up sharply from behind and over his shoulder and then under the collar of his nose with a brisk chopping movement upward and with force.

Then instantly kick his left foot from under him with your right foot. He will go sprawling on his back.

This is one sure way and easy way of getting out of a hold that might bring you a terrible beating.

LESSON 57

How to Handle a Running Attack, Armed or Unarmed

When you are about to be attacked by an assailant suddenly rushing at you like a bull coming out of his gate—you will have to know what to do—and you will have to do it without hesitation.

Avoid being knocked over. Wait until he is about three feet away from you then throw yourself, forward and downward, full length in front of his feet. This movement on your part will upset his balance making him go over your back and flat on his face.

Get up behind him quickly and place his left leg over into the lock (back of knee joint) of his right leg. Then raise his right foot and lift his leg forward toward his buttock and lock his left leg with it.

To make him quit—bear downward with the heel of your right hand on his toes toward his buttock.

LESSON 58

How to Catch A Strangler

If you are being strangled with a rope, handkerchief or anything similar the first thing to do, of course, is to ease the pressure on your throat.

Place the palms of both hands (fingers extended) under your assailant's elbows and force his elbows upward and inward. This will allow you to breathe by relaxing his hold.

Then quickly step all to your right and place your left foot behind your assailant's left foot—and place your buttock behind his buttock. Come into a position of balance (see lesson 1) and give your assailant a good buttock throw to the ground.

Without a moment's delay follow him and apply any powerful hold or lock you prefer.

LESSON 59

Handling a Strangler Who Attacks You From Behind

While an assailant has a grip on your throat from behind bring up your thumbs and force them up between your neck and his little fingers.

Then grip his little fingers securely. This will be easy because a man has but very little strength in his smallest fingers.

Quickly straighten your arms out in line with your shoulders. This will break his grip—and his little fingers as well if you apply

same force backward.

As soon as you have broken his grip release your hold of his left little finger and pull his right arm over your right shoulder. This should be close up under his armpit. Then quickly bend both your knees.

Having gripped his right wrist with your left hand now, and his right upper arm with your right hand, you are in a position to throw him over your head.

Here's how to throw him best: Straighten your legs and bring the bulk of your body quickly forward and downward toward the ground. At the same time give a good downward pull on your assailant's arm.

These combined movements will send your man *flying* over your head quite a good way.

LESSON 60

The Famous Double-Duty Powerful Leg Lock

Even the strongest man can be held down fairly easy by using the double leg lock on him. This is a ground hold where you find yourself on the ground with your assailant.

If both of you are still up throw your man down by using the flying dive (Lesson 22).

Then, like a flash, twist your man over flat on his stomach. Place his left leg to rest into the hook of his right leg.

Come up with his right leg and force the foot forward and downward toward his buttock. This will lock his foot between both pairs (upper and lower) of his right leg.

He will call it quits when you bear downward with the heel of your right hand on the toes of his right foot toward his buttock.

LESSON 61

Favorite Ju Jitsu Tricks

After you have mastered all the lessons in this course you will find yourself liking several of the holds better than the others. This is as it should be.

If 70 or 80 different possibilities came to mind at the instant you must act it is almost as bad as knowing no grips at all.

Master a few holds, know them 100%, and you will be able to act, when necessary, without running home for your lessons list.

Here are a few of the Ju Jitsu holds you have learned that are easy and quick—and they are holds that will fit many different situations.

A Snake-like Knockout Blow	Lesson 5
Head Over Heels and He's On!	Lesson 26
Speedy Combined Arm and Leg Throw	Lesson 51

Super Flying Dive Attack	Lesson 22
Disarming the Hold-up Man	Lesson 36
Outlaw's Crucifixion	Lesson 44

You may have others in mind as being extremely effective. It makes no difference which you like best. For your own sake, though, please be sure, in any case, that you select about half a dozen and learn them perfectly.

LESSON 62

How to Develop Your Arms and Improve Your Hand Grips

While sheer muscle is not essential in Ju Jitsu you should keep your fingers, wrists, elbows, shoulders—your whole arm and hand, in fact—supple and in tip top trim.

Your reaction-time should be quick, and without necessarily adding more muscle, your present muscular equipment must be in lingling sound condition.

Here is a short yet effective exercise designed to improve your grip:

With your upper arms and elbows close to your body make circular movements with the rest of your arm, from the elbow down. Keep your fingers straight out, but not stiff, and your thumb rather loose in the palm of your hand.

Make your circular movements outward, both forearms at once until your wrists are tired. Then reverse the circle doing it inward. About 5 minutes in each direction should make your arms start to ache which means the muscles and joints have had a good workout.

Before the first day of this exercise take a measurement of your wrist and forearm. Then as your daily practice continues watch the improvement. You'll be surprised!

Here is another exercise; this one should develop the biceps muscles in your upper arms.

Start by standing erect with arms straight down full length at your sides. Extend fingers and thumbs, also.

Now keeping your elbows lightly to your side raise your left and right forearms alternately. As you do this movement clench and relax your fists to exercise the muscles in the forearm.

Do this about 5 minutes each day.

The following exercise is designed to develop your neck:

Stand erect with hands resting on your hips. Bring your chin forward as far as possible to your chest then raise your head upward and backward as far as possible. Like shaking your head "yes." Do this 10 times in each exercise period.

Next, still standing erect and without moving your feet or trunk, turn your head as far to the right as possible, then around to your left.

This will increase the size of your neck. But the chief purpose of this exercise is to strengthen the muscles and make them more instantly obedient to your will.

Now for exercise in chest development:

Standing erect with arms and fingers extended start your arms in circular movements from the shoulders—forward, upward, backward, and downward.

As you do this keep your mouth closed and breathe deeply through your nose. Take each deep breath with the upward sweep of your arms.

Then you exhale as your arms come backward and downward. Repeat 5 times daily.

Inhale in upward movement. Exhale with downward movement. This is excellent for lung and chest development.

LESSON 63

Developing Tough Leg Muscles Through Special Resistance Exercises

Strengthening the legs and giving them split-second speed is not done by wearing yourself out with heavy weights. What you want are educated muscles—not brute ox strength that moves slow and uncertain.

First get down in the sitting-squatting position explained in Lesson 2 on "The Secret of Breaking a Fall."

With your hands resting on your knees, which are turned outward, walk about 10 to 12 yards. Left, right, left, right. And as you advance each foot to step pull backward with the hand resting on that knee. In other words, restrain yourself as though trying to stop your legs from walking.

But use more forward force than resisting force so that you will go forward—with great exertion.

You will find it hard at first. Your leg muscles will ache before you have taken a dozen strides. Keep on if you can, though, and when you have walked your 10 to 12 yards raise your body upward to its full height on your toes only. Then sink down to allow your heels to rest on the ground.

After the second or third day try increasing the distance walked by 3 yards each day.

Besides leg development this exercise strengthens the sinews of your toes. Gives you more "spring" in your step. And it also gives you more poise and rhythm in your walk. In battle you should have the sudden-onset advantages of a panther.

The more your muscles ache in doing this strenuous exercise the more proof you have that the exercise is needed. Any soreness in the muscle will wear off in a few days and you will then be able to do the exercise with ease.

If somebody else is doing your thinking, you are probably doing somebody else's work.

The wisdom of the wise is an uncommon degree of common sense.—Dean Wm. Ralph Inge

In all things, success depends upon previous preparation, and without such preparation there is sure to be failure.—Confucius

Capturing a Dangerous Criminal Unawares

LESSON 64

Plate 103



Before getting into this lesson let it be pointed out here that the rest of the lessons in this course are written especially for law enforcement officers. Policemen, wardens, guards and all other official attendants.

Many new holds and grips are introduced that, of course, will be valuable to laymen as well as officers. On the other hand some lessons discuss topics that are treated in detail elsewhere in this course. But this is not really a repetition because a new slant is given—a slant that points out special uses for officers.

There are two good reasons why an officer may have to capture a criminal by stealth. First, the officer may be unarmed or, at most, poorly armed in comparison with the desperado. Second, the encounter between gunman and policeman may take place in a busy street where gunfire must be avoided.



Plate 104

In meeting your man pretend you are not about to take him into custody. Rather, give him the impression you want to be



Plate 103

friendly. If possible talk to him, make him relax and shake hands with you. Plate 103 shows the starting position of this series of movements.

While shaking hands seize his wrist with your left hand above where your right hand holds his right hand. Swing his arm upwards as high as possible and make a complete right about turn as shown in the illustration numbered Plate 104.

Continue your movements until you come into the position as shown in Plate 105. You now have your prisoner in the "dislocation of the shoulder" hold."

To handcuff your man place your right foot behind him—and apply a little leverage with your right forearm. This will force him down on his back where you can automatically come into the "wrist lock" for handcuffing.

Breaking Throat Grip And Capturing Strangler

LESSON 53

Plate 105



Perhaps the last place a criminal will attack you with his bare hands is around your throat. In such a case do not move your neck until you have a hold on his arms—or you might wrench yourself into a bad injury.

Grasp the enemy's right wrist with your right hand and put the palm of your left hand under his elbow joint as shown in Plate 106.

Make a quick right turn and in one movement turn your head to the right and twist his wrist. Bend upward with a circular movement of your left hand at his elbow joint. Then advance your left foot in the same direction (to the right).

Continuing, bend your left leg at the knee forcing your man downward into the position as shown in Plate 107.



Plate 107

He must quit when you bear downward with your right hand on the knuckles of his right hand. At the same time force his forearm to the front.

This will break his wrist and dislocate his shoulder if his resistance is continued.

Now to lead your prisoner off to the lock-up force his forearm in front of yours, allowing your right hand to slide to his elbow joint as shown in Plate 108.

Then make him stand up straight and walk him to jail with this most effective arm hold. Plate 109.

He cannot strike or kick you. And should he even attempt to resist bend downward with your right hand at the elbow joint while you use your left arm as a fulcrum, forcing your left forearm upward and outward.

If something extra is needed try this.

From your position as in Plate 106 make a fast right about turn. At the same time wind the prisoner's arm around your waist close to your body.

Then jump forward and sit down. Resting your back against your man he will promptly go down to the ground on his face.

By lifting his forearm upward and over to your left he will soon let you know he has had enough.



Plate 108



Plate 109

How to Disarm a Gunman at Close Quarters

LESSON 66



Plate 110

Facing a man with a gun in his right hand as illustrated in Plate 110, of course your first concern is not to get shot.

You can get out of the line of fire instantly by grasping his wrist with your right hand and placing your left also on his wrist just above your right hand.

While doing this—all in just a split-second—turn your own body half right and push the gun in the other direction, away from you. Illustrated in Plate 111.

Continuing this movement, raise his arm upward as high as possible—at the same time turn right about as shown in Plate 112. Keep right on turning until you come into the position shown in Plate 113.

You will make him drop his gun and give up the fight if you keep his arm bent as in Plate 113. His arm like the capital letter



Plate 111



Plate 112

It will cause him to lose his balance as you put on pressure, using your right forearm as a fulcrum.

In practice do this carefully and don't jerk the arm that is over your shoulder.



Plate 111



Plate 115

Breaking Arm-Pinion Hold From Front

LESSON 67



Plate 114

A criminal might try to throw you to the ground by clasp-
ing your entire body as shown in Plate 114.

As soon as you know his plan, raise your forearms and place
your hands on the man's shoulders. Let them stay there.

Then in one movement bend your legs at the knees and force
your arms outward as illustrated in Plate 115. This will relax
the man's grip.

Quickly step behind him with your right foot so that your but-
tock comes exactly in the rear of his—and bend downward to
your left front. Your man will be lifted off his feet and balanced
on your buttock. Shown in Plate 116.

Following through you will throw the man flat on his back.
Get him resting on his side and place your right knee on his
rib. Force his left arm against your left leg. Then put your
right thumb close up under the lobe of his right ear. This is
illustrated in Plate 117.



Plate 116



Plate 117

He is now in an extremely vulnerable position. A few blows
with your knee will fracture his floating ribs. Bearing down on
his wrist with your left hand will break his arm. Continued
pressure with your thumb on his ear lobe nerve-center will cause
him to lose consciousness.

In starting this counter attack you may have to use a more severe method.

If your man is extremely large and strong and you are held in his "bear hug" too tightly to get your arms up use your knee. Deliver a brisk knee blow to the fork of his legs.

This will compel him to relax his grip and enable you to start your holds as already outlined.

Rear Arm-Pinion Hold Release

LESSON 68

Plate 118



This lesson treats a variation of the subject of Lesson 57. At the start your arms are held to your sides by a criminal standing behind you.

Do these two things together: Throw both arms straight out in line with both your feet. Your man's grip will be broken and you will come into position as shown in Plate 119.

Grasp his right wrist with your left hand and his upper arm with your right hand. See Plate 120. Make sure both your knees are turned outward as this plants you more firmly on the ground making it less likely you might lose your balance in the next move.

Now throw your man over your shoulder. Straighten your legs and bend your trunk downward toward the ground. These movements make it easy for you to get the man over your shoulder down to the ground in front of you.

Soon as he is over step backward a little with your left foot to keep your balance. Then get his hand in both your hands and place your knee on his arm at the elbow.

Force both your thumbs inward on the two nerve centers at the back of his hand, attempt to roll his hand up his arm, twist it outward as shown in Plate 121.

If his pressure is continued you will break his wrist. Striking his elbow with your knee will break his arm.

You might find it difficult to start these movements because of the unusually strong grip the criminal has around your arms and body.

In such an instance shoot your head back quickly and give



Plate 119

Plate 120



him a hard blow flush in the face with the back of your head. Another way is to stamp down hard on his toes with your heel.

Plate 121



Continued next issue

SUPER Ju Jitsu

Copyright 1942

Single Hand Belt Grip

LESSON 69

Plate 122



When your prisoner has gripped your service belt firmly with one of his hands bring your left hand up and under his right arm and lock fingers with your right hand. The correct spot to place your hands, shown in Plate 122, is midway between the elbow and the shoulder.

Then using both arms as a lever quickly bear upward with your left forearm and downward with your right arm. This combined movement will break his grip.

Now make a right turn and allow your right hand to slide along to his elbow joint. Result is the very effective police arm hold illustrated in Plate 123.

If your man becomes violent apply a little pressure on his shoulder by bearing downward with your hand at his elbow and upward with your left forearm. You know, of course, that this will dislocate his shoulder.

I believe in work, hard work and long hours of work. Men do not break down from overwork, but from worry and dissipation.—Chas. Evans Hughes

Time is the one thing we possess. Our success depends upon the use of our time, and its by-product, the odd moment.—Arthur Brisbane.

There is no feeling in this world to be compared with self-reliance—do not sacrifice that to anything else.—John D. Rockefeller

A man who trims himself to suit everybody will soon whittle himself away.



Plate 123

To handcuff your man while he continues to give you trouble trip him with your left foot. He will go down on his face and you can then easily snap the bracelets on his wrists.

Two Hand Belt Hold

LESSON 70

Plate 124



It is easier to break the man away from you while he holds your belt with two hands than was the case in lesson 69 where he held with only one hand.

With your left hand seize him by his belt or the top of his pants. At the same time bring up your right hand and deliver a blow with the heel (fingers extended) under his chin.

Turn left and get your right leg between his legs so he cannot kick you in the scrotum. Position illustrated in Plate 124.

A forceful blow to his chin will push his neck back and give him a very severe jolt. So much so that he will relax his grip on your belt.

Next you handcuff him or apply the arm hold.

Breaking Grip From Behind

LESSON 71

Plate 121



When a person is violent he frequently clings to any secure object within his reach to prevent you from leading him off under arrest.

It is easy to get behind the man and force him to release his grip.

Place your left forearm across his throat, extend the fingers of your right hand and bring it up with force under the cartilage of his nose. This will force his head back as shown in Plate 125 and break his grip.

Then grasp your own left wrist with your right hand and turn right about so that you come back to back. Walk forward. Your man will be dragged backward in an unbalanced position as shown in Plate 126.

Handcuff him whenever convenient.



Plate 126



Plate 127

LESSON 72

How to Capture Two Armed Assailants Who are Attacking You

Speed is always important in Ju Jitsu but never more so than when you have two men to take care of at the same time.

In this instance assume you are set upon by two thugs armed with knives, clubs or similar weapons.

Extend the fingers of your right hand and deliver a chopping blow midway on the jaw of the first assailant. Strike with the hand's edge, and strike forcefully. Plate 127. Number One attacker will drop.

If you are by now just about to be clubbed by attacker number 2 parry the blow with your right forearm. Bring up your left hand and seize his arm at the elbow as shown in Plate 128.

Turn right, force his arm downward into the position illustrated in Plate 129—and at the same time advance your left foot



Plate 128

and bend your leg at the knee so that the trunk of the man's body will rest on your leg.

Then bring his arm around into the position as shown in the illustration Plate 129, and keep his arm bent around you like

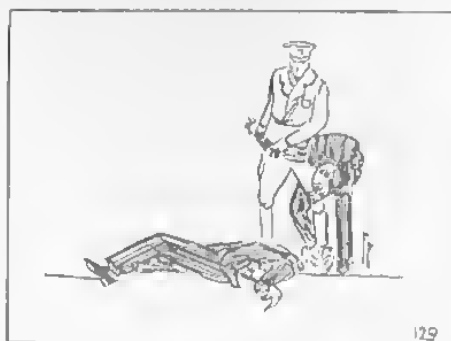


Plate 129

capital letter L. He will quit and drop his weapon, if he is wise.

If not, bear downward with the palm of your right hand on the knuckles of his hand and at the same time force his forearm forward to your front. Result: broken wrist and dislocated shoulder.

Handcuff the men together.

Special Arm Twist and Wrist Lock



Plate 130

LESSON 73

Face your man and seize his right wrist with your left hand. Immediately lift his arm up sideways as high as possible.

With your right hand grip his elbow joint, placing your thumb in the bend of his arm as illustrated in Plate 130.

Now turn left about and face the same direction as your man. In turning slide your left hand over the knuckles of his hand so they come into the palm of your hand.

Duck your head under his arm in turning about as shown in Plate 131.

Continue your movements and place his hand, along with your head, close up under his armpit. Get his elbow up tightly under your armpit. Plate 132 illustrates the position you now find yourself in.



Plate 131

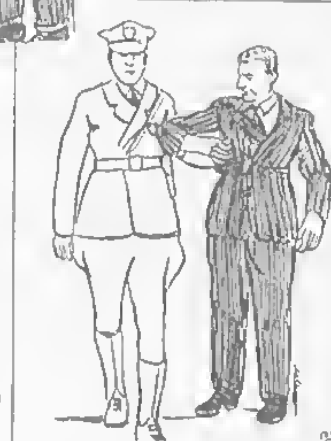


Plate 132

Your prisoner is now held in an escape-proof wrist hold. He will break his wrist if he attempts to get away.

In fact, you have him tied up so nicely that he will hurt himself if he even tries to strike you. Any sudden turn will snap his wrist.

You can apply just enough pressure to make him obedient.

Good intentions, like eggs, unless they be hatched into action, will run into softness.—Samuel Smiles

Men, like bullets, go farthest when they are smoothest.—Jean Paul Richter

Youth is not a time of life; it is a state of mind.—Samuel Ullman

Killing time is not murder—it's suicide.

A journey of a thousand miles begins with one step.—Chinese Proverb

The "Come Along" Hold for Policemen

LESSON 74

Plate 132



This is really a combination arm and wrist hold with throw. It is used to walk a man to the police station or elsewhere to be held, to simply hold securely a roughneck, or to get him into position for handcuffing.

Secure his right wrist with your right hand and grip his upper arm with your left hand as shown in Plate 133.

Make a quick left about turn and at the same time allow your left hand to grip your own right forearm.

Put your right leg behind his right leg and force your man down on his back by using your left forearm as a fulcrum. See Illustration Plate 134.

The moment your man hits the ground you can automatically come into a wrist hold that will allow you to handcuff him. Should he still resist just bear downward on his knuckles with your right hand. This makes him stop his fighting.



Plate 134

Quickest Way Of Making Your Attacker Absolutely Powerless

LESSON 75

Plate 135



135



136

Double Reverse Arm Hold and Throw is the technical name for the operations explained in this lesson.

Again you face your man and seize his right wrist with your right hand. This movement brings your left hand on top as shown in Plate 136.

Now snap left about and in so doing cross your man's arms. Pull him toward you.

Allow both his crossed arms to rest on your right shoulder. At the same time bend both your legs slightly at the knees. Illustrated in Plate 137.

Stand erect—make yourself as tall as possible—and pull downward with both your hands at the wrists.

If you yank with a jerking movement you will break both his arms.



Plate 127

Ordinary leverage, however, will raise your man up on his toes without breaking any bones. In this position he will not have much fight left.

To throw your man you come up a bit differently. Straighten out your legs as before but while doing this bend your whole trunk forward and downward. Pull both his arms across your body to your left.

He will shoot right over your shoulder and flat on his back in a sprawling position.

All wish to possess knowledge, but few, comparatively speaking, are willing to pay the price.—Jurnal

Popular Mechanics June 1902

700 CRIMINALS IN A WOMAN'S DESCENDANTS.

What one criminal can do toward making the world more wicked is shown in statistics presented at the annual convention of the New York county W. C. T. U. A delegate gave the record of the family of one woman of criminal tendencies who died in 1827. The speaker said:

"This woman's descendants have been traced. They number 800. Seven hundred were criminals, having been convicted at least once. Thirty-seven were murderers and were executed for their crimes. This family has cost the nation \$1,000,000 for trials and executions."

Popular Mechanics Dec., 1902

REMEDY FOR VITRIOL BURNS.

A Frenchman has discovered a remedy instantaneous in its effects for the horrible burns caused by the use of oil of vitriol. It is soft paste of calcined magnesia and water, with which the parts burned are covered to the thickness of an inch. It alleviates the pain almost immediately, and when the paste is removed no scar remains.

Oil of Vitriol=Sulphuric Acid
Calcined Magnesia=Magnesium Oxide

Harper's Weekly June 20, 1857

WHEN TO KILL YOUR MAN.

A case has just been decided by the Court of Appeals at Frankfort, Kentucky, which settles the question as to when a man who is attacked in the State of Kentucky is justified in killing his assailant. The case was from Grayson Circuit, in which Meredith had been convicted of manslaughter for the killing of one Ireland who attacked him, and the lower Court charged the Jury:

"If Ireland assaulted the defendant, and he had reasonable grounds to believe he was in danger of sustaining great bodily harm, or the loss of life from such assault, and if necessary, to protect his life or person from great bodily harm, he might kill Ireland, if he had no safe means of escaping. But if the defendant could have safely retreated from the danger, and by that means have saved his life and person, he is not excusable for the killing of Ireland."

The higher Court, however, decided that this was wrong. The Jury had nothing to do with the question, whether "the defendant could have safely retreated," that being a question to be settled by the judgment of the defendant himself. "In the exercise of this judgment he must act rationally. Whether an actual necessity to kill existed or not was a question to be decided by Meredith at the time. Though he may have erred in his judgment, though he 'could have safely retreated,' yet if he acted in good faith, and had reasonable grounds to believe that his only safety was to kill his antagonist, the law excuses him."

Scientific American
Sept. 1845

INCREASE OF CRIME.—During the last forty years, commitments for crime have increased from 5,000 to 31,000 persons, in England, although the population has increased only about sixty per cent. during the same period.